



Black Bottom-Banana Cream Pie

READY IN



270 min.

SERVINGS



30

CALORIES



101 kcal

DESSERT

Ingredients

- 2 large bananas sliced
- 6 Tbsp butter divided
- 3.4 oz jell-o vanilla flavor pudding instant
- 1.8 cups milk cold
- 4 oz baker's semi-sweet chocolate
- 2 Tbsp sugar
- 1.3 cups vanilla wafers crushed finely
- 1 cup cool whip whipped topping thawed

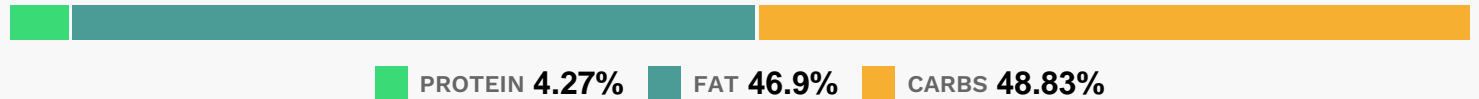
Equipment

- bowl
- whisk
- microwave

Directions

- Melt 4 Tbsp. butter; pour into medium bowl. Stir in wafer crumbs and sugar. Reserve 2 Tbsp. crumb mixture for later use; press remaining crumb mixture onto bottom and up side of 9-inch pie plate.
- Microwave chocolate and remaining butter in microwaveable bowl on HIGH 1 min. or until butter is melted; stir until chocolate is completely melted and mixture is well blended.
- Drizzle over bottom of crust; top with bananas.
- Beat pudding mix and milk with whisk 2 min.; pour over bananas. Refrigerate 4 hours.
- Top pie with COOL WHIP and reserved crumb mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:4.34, Inflammation Score:-1, Nutrition Score:1.7947826139305%

Flavonoids

Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 100.66kcal (5.03%), Fat: 5.33g (8.2%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 11.86g (4.31%), Sugar: 8.56g (9.52%), Cholesterol: 2.03mg (0.68%), Sodium: 72.92mg (3.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.25mg (1.08%), Protein: 1.09g (2.18%), Manganese: 0.08mg (3.77%), Phosphorus: 30.68mg (3.07%), Magnesium: 11.07mg (2.77%), Copper: 0.06mg (2.77%), Vitamin A: 132.76IU (2.66%), Vitamin B2: 0.04mg (2.5%), Fiber: 0.62g (2.49%), Potassium: 83.45mg (2.38%), Calcium: 23.09mg (2.31%), Vitamin B6: 0.04mg (2.2%), Vitamin B1: 0.03mg (2.13%), Vitamin B12: 0.09µg (1.52%), Folate: 5.95µg (1.49%), Iron:

0.27mg (1.49%), Zinc: 0.18mg (1.17%), Vitamin B3: 0.23mg (1.15%), Selenium: 0.77µg (1.1%), Vitamin D: 0.16µg (1.04%)