



## Black-Bottom Banana Cream Pie

READY IN



15 min.

SERVINGS



8

CALORIES



376 kcal

DESSERT

### Ingredients

- 2 large banana sliced
- 6 tablespoons butter divided
- 3.4 oz jell-o vanilla flavor pudding instant
- 1.8 cups milk cold
- 1.3 cups vanilla wafers crushed finely
- 4 squares bittersweet chocolate
- 2 tablespoons sugar
- 1 cup non-dairy whipped topping thawed

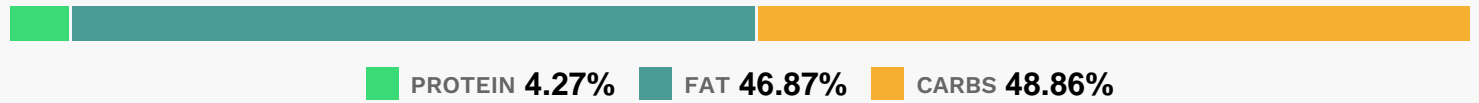
## Equipment

- bowl
- whisk
- microwave

## Directions

- MELT 4 Tbsp. butter; pour into medium bowl. Stir in wafer crumbs and sugar. Reserve 2 Tbsp. 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 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 with COOL WHIP and reserved crumb mixture just before serving. Nutritional Information

## Nutrition Facts



## Properties

Glycemic Index:29.98, Glycemic Load:16.29, Inflammation Score:-5, Nutrition Score:6.703478253406%

## Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 376.46kcal (18.82%), Fat: 19.91g (30.63%), Saturated Fat: 7.92g (49.49%), Carbohydrates: 46.71g (15.57%), Net Carbohydrates: 44.39g (16.14%), Sugar: 32.05g (35.61%), Cholesterol: 7.6mg (2.53%), Sodium: 273.42mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.04mg (4.01%), Protein: 4.08g (8.15%), Manganese: 0.28mg (14.03%), Phosphorus: 114.6mg (11.46%), Magnesium: 41.2mg (10.3%), Copper: 0.21mg (10.27%), Vitamin A: 497.75IU (9.95%), Vitamin B2: 0.16mg (9.37%), Fiber: 2.32g (9.27%), Potassium: 311.95mg (8.91%), Calcium: 86.47mg (8.65%), Vitamin B6: 0.16mg (8.25%), Vitamin B1: 0.12mg (8%), Vitamin B12: 0.34µg (5.71%), Folate: 22.31µg (5.58%), Iron: 0.99mg (5.52%), Zinc: 0.65mg (4.35%), Vitamin B3: 0.86mg (4.29%), Selenium: 2.88µg (4.12%), Vitamin D: 0.59µg (3.91%), Vitamin B5: 0.36mg (3.63%), Vitamin C: 2.98mg (3.61%), Vitamin E: 0.52mg (3.44%), Vitamin K: 1.64µg (1.56%)