



## Blissful Banana Pie

READY IN



290 min.

SERVINGS



50

CALORIES



74 kcal

### Ingredients

- 2 bananas thinly sliced
- 0.3 cup butter melted
- 3 cups marshmallows jet-puffed miniature divided
- 2 cups milk divided
- 0.5 cup planters pecans finely chopped
- 5 oz baker's semi-sweet chocolate
- 3 oz jell-o vanilla flavor cook & serve pudding
- 1 cup vanilla wafers crushed finely
- 1 cup cool whip whipped topping thawed

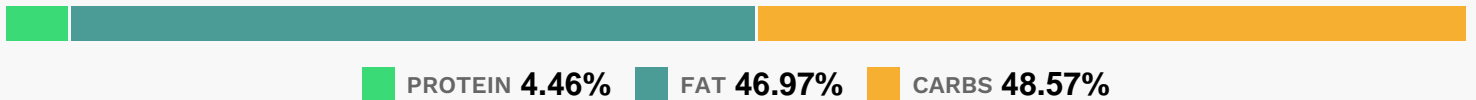
## Equipment

- bowl
- sauce pan
- oven
- plastic wrap
- microwave

## Directions

- Heat oven to 375F.
- Mix wafer crumbs, nuts and butter; press onto bottom and up side of 9-inch pie plate.
- Bake 5 min.; cool.
- Microwave chocolate, 1 cup marshmallows and 1/2 cup milk in microwaveable bowl on HIGH 2 min.; stir until chocolate is completely melted.
- Pour into crust; refrigerate until ready to use.
- Meanwhile, cook pudding mix in saucepan as directed on package for pudding, using remaining milk.
- Pour into large bowl; place plastic wrap directly on surface of pudding. Refrigerate 30 min. or until cooled.
- Add COOL WHIP and remaining marshmallows to pudding; mix lightly. Arrange bananas evenly over chocolate layer in pie; cover with pudding mixture. Refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:4.81, Glycemic Load:3.39, Inflammation Score:-1, Nutrition Score:1.3913043581921%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## **Nutrients (% of daily need)**

Calories: 73.7kcal (3.69%), Fat: 3.94g (6.06%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 8.67g (3.15%), Sugar: 6.25g (6.95%), Cholesterol: 1.39mg (0.46%), Sodium: 41.44mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Manganese: 0.1mg (4.78%), Copper: 0.05mg (2.72%), Phosphorus: 23.67mg (2.37%), Magnesium: 8.84mg (2.21%), Fiber: 0.49g (1.95%), Calcium: 16.39mg (1.64%), Vitamin B1: 0.02mg (1.61%), Potassium: 56.16mg (1.6%), Vitamin B2: 0.03mg (1.58%), Vitamin A: 76.05IU (1.52%), Vitamin B6: 0.03mg (1.34%), Iron: 0.23mg (1.26%), Zinc: 0.17mg (1.13%), Vitamin B12: 0.06µg (1.04%)