



Blueberry and Banana Cream Cheese Pie

 Gluten Free

READY IN



260 min.

SERVINGS



16

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bananas ripe
- ☐ 21 ounce blueberry filling canned
- ☐ 8 ounce cream cheese
- ☐ 0.5 cup pecans chopped
- ☐ 16 ounce non-dairy whipped topping frozen thawed
- ☐ 1 cup sugar white

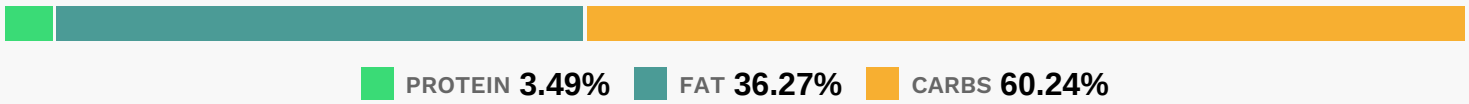
Equipment

- ☐ oven

Directions

- ☐ Press pecans into unbaked pie shells.
- ☐ Bake at 350 degrees F (175 degrees C) until light brown.
- ☐ Slice bananas into cooled crusts.
- ☐ Cream sugar and cream cheese together.
- ☐ Add nondairy whipped topping to cream cheese mixture.
- ☐ Pour mixture over bananas in both pie pans.
- ☐ Top pies with blueberries. Chill at least 4 hours before serving, or freeze for later use. Enjoy!

Nutrition Facts



Properties

Glycemic Index:10.12, Glycemic Load:11.4, Inflammation Score:-2, Nutrition Score:3.9039130366367%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 271.82kcal (13.59%), Fat: 11.23g (17.28%), Saturated Fat: 6.3g (39.39%), Carbohydrates: 41.96g (13.99%), Net Carbohydrates: 40.09g (14.58%), Sugar: 36.6g (40.66%), Cholesterol: 14.88mg (4.96%), Sodium: 69.73mg (3.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Manganese: 0.3mg (14.75%), Fiber: 1.87g (7.48%), Vitamin B6: 0.11mg (5.64%), Vitamin B2: 0.09mg (5.51%), Phosphorus: 54.91mg (5.49%), Copper: 0.11mg (5.3%), Potassium: 183.56mg (5.24%), Calcium: 47.54mg (4.75%), Vitamin A: 235.6IU (4.71%), Magnesium: 17.08mg (4.27%), Selenium: 2.47µg (3.53%), Vitamin B1: 0.05mg (3.12%), Vitamin E: 0.42mg (2.79%), Vitamin K: 2.89µg (2.75%), Iron: 0.49mg (2.73%), Vitamin C: 2.22mg (2.69%), Vitamin B5: 0.22mg (2.18%), Zinc: 0.33mg (2.17%), Folate: 7.67µg (1.92%), Vitamin B12: 0.09µg (1.46%), Vitamin B3: 0.26mg (1.31%)