



Chocolate-Banana Cream Tarts

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



326 kcal

Ingredients

- 1 medium banana thinly sliced
- 7 ounce chocolate pudding cups fat-free
- 4 graham cracker pie crusts mini
- 1.4 ounce toffee candy bar english crushed

Equipment

Directions

- Arrange banana slices evenly in pie crusts. Spoon pudding over bananas.

Sprinkle each with 2 teaspoons crushed candy.

Nutrition Facts

 PROTEIN **3.23%**  FAT **15.43%**  CARBS **81.34%**

Properties

Glycemic Index:32.19, Glycemic Load:10.81, Inflammation Score:-2, Nutrition Score:4.4934782955957%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 326.23kcal (16.31%), Fat: 5.67g (8.72%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 67.23g (22.41%), Net Carbohydrates: 63.97g (23.26%), Sugar: 46.49g (51.65%), Cholesterol: 2.28mg (0.76%), Sodium: 836.13mg (36.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.47mg (1.16%), Protein: 2.67g (5.34%), Manganese: 0.26mg (13.09%), Fiber: 3.26g (13.04%), Copper: 0.2mg (10.14%), Magnesium: 38.55mg (9.64%), Iron: 1.29mg (7.19%), Potassium: 247.47mg (7.07%), Phosphorus: 70.49mg (7.05%), Vitamin B6: 0.13mg (6.41%), Vitamin B2: 0.08mg (4.85%), Vitamin B3: 0.84mg (4.21%), Zinc: 0.62mg (4.16%), Folate: 13.83µg (3.46%), Vitamin C: 2.57mg (3.11%), Vitamin B1: 0.05mg (3.07%), Selenium: 1.54µg (2.19%), Calcium: 18.98mg (1.9%), Vitamin B5: 0.11mg (1.11%)