



Chocolate-Banana Frozen Pie with Peanut Butter Crust

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

DESSERT

Ingredients

- 3 cups banana ripe mashed (4 bananas)
- 8 teaspoons chocolate syrup
- 0.3 cup creamy peanut butter
- 1.3 cups graham cracker crumbs (8 cookie sheets)
- 0.5 cup honey divided
- 2 cups chocolate yogurt frozen low-fat softened

Equipment

- bowl
- frying pan
- blender

Directions

- Combine cracker crumbs, 1/4 cup of honey, and peanut butter, stirring well. Press mixture into bottom and up sides of a 9-inch pie plate.
- Combine remaining 1/4 cup of honey and banana in a large nonstick skillet. Cook over medium heat 6 minutes or until the mixture thickens, stirring frequently. Cool completely.
- Place the softened chocolate low-fat frozen yogurt in a medium bowl; beat with a mixer at medium speed until smooth. Fold banana mixture into yogurt. Spoon mixture into crust. Cover and freeze 4 hours or until firm.
- Drizzle with chocolate syrup just before serving.

Nutrition Facts

PROTEIN 8.28% **FAT 26.98%** **CARBS 64.74%**

Properties

Glycemic Index:26.76, Glycemic Load:23.2, Inflammation Score:-3, Nutrition Score:7.6504347518734%

Flavonoids

Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 285.61kcal (14.28%), Fat: 9.04g (13.91%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 48.79g (16.26%), Net Carbohydrates: 46.19g (16.8%), Sugar: 33.74g (37.49%), Cholesterol: 7.96mg (2.65%), Sodium: 165.8mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.49%), Manganese: 0.35mg (17.4%), Vitamin B6: 0.29mg (14.61%), Phosphorus: 140.82mg (14.08%), Magnesium: 52.12mg (13.03%), Vitamin B3: 2.39mg (11.94%), Potassium: 402.39mg (11.5%), Vitamin B2: 0.19mg (11.21%), Fiber: 2.6g (10.39%), Calcium: 94.53mg (9.45%), Folate: 31.34µg (7.84%), Vitamin E: 1.07mg (7.16%), Zinc: 1.06mg (7.04%), Copper: 0.13mg (6.59%), Vitamin C: 5.32mg (6.44%), Iron: 1.1mg (6.11%), Vitamin B5: 0.56mg (5.55%), Vitamin B1: 0.08mg (5.36%), Vitamin B12: 0.23µg (3.78%), Selenium: 2.59µg (3.7%), Vitamin A: 96.64IU (1.93%)