



Chocolate-Banana Ice Cream Pie

READY IN



19 min.

SERVINGS



8

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 4 cups banana sliced (5 medium)
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce fat-free divided chocolate-flavored
- ☐ 2 tablespoons mrs richardson's butterscotch caramel sauce fat-free caramel-flavored
- ☐ 6 ounce pie crust dough
- ☐ 2 tablespoons peanuts unsalted dry chopped
- ☐ 4 cups whipped cream fat-free softened
- ☐ 2 cups cool whip fat-free frozen thawed

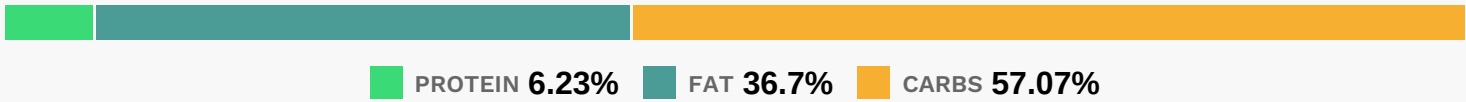
Equipment

☐ bowl

Directions

- ☐ Combine caramel syrup and whipped topping in a medium bowl; gently fold 3 times to form swirls.
- ☐ Spoon ice cream into piecrust.
- ☐ Drizzle 2 tablespoons chocolate syrup over ice cream.
- ☐ Spread whipped topping mixture over chocolate syrup. Cover and freeze 2 hours or until firm.
- ☐ Cut pie into 8 pieces.
- ☐ Place on individual serving dishes. Top each piece with 1/2 cup banana, 1 teaspoon chocolate syrup, and 1 teaspoon peanuts.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:17.52, Inflammation Score:-4, Nutrition Score:9.1904346891071%

Flavonoids

Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 376.23kcal (18.81%), Fat: 15.83g (24.35%), Saturated Fat: 7.12g (44.52%), Carbohydrates: 55.36g (18.45%), Net Carbohydrates: 52.04g (18.92%), Sugar: 33.2g (36.89%), Cholesterol: 32.04mg (10.68%), Sodium: 195.37mg (8.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Vitamin B2: 0.37mg (21.92%), Manganese: 0.38mg (19.24%), Vitamin B6: 0.36mg (17.89%), Potassium: 472.11mg (13.49%), Fiber: 3.33g (13.32%), Phosphorus: 131.98mg (13.2%), Calcium: 120.57mg (12.06%), Magnesium: 41.36mg (10.34%), Folate: 40.2µg (10.05%), Vitamin B1: 0.14mg (9.48%), Vitamin B12: 0.56µg (9.28%), Vitamin B3: 1.75mg (8.75%), Vitamin C: 6.98mg (8.46%), Vitamin B5: 0.79mg (7.91%), Vitamin A: 369.74IU (7.39%), Selenium: 4.21µg (6.02%), Zinc: 0.82mg (5.49%), Copper: 0.11mg (5.45%), Iron: 0.87mg (4.84%), Vitamin E: 0.58mg (3.84%), Vitamin K: 2.18µg (2.08%)