



Cocoa Puffs® Banana Cream Pie

 Vegetarian

READY IN



260 min.

SERVINGS



8

CALORIES



235 kcal

Ingredients

- 2.5 cups kellogg's® cocoa cereal
- 0.3 cup butter melted
- 1 package jello banana pudding mix instant (4-serving size)
- 1.3 cups milk
- 0.5 cup cool whip frozen thawed
- 1 cup banana sliced
- 1 serving cool whip frozen thawed
- 1 serving banana sliced
- 1 serving kellogg's® cocoa cereal crushed

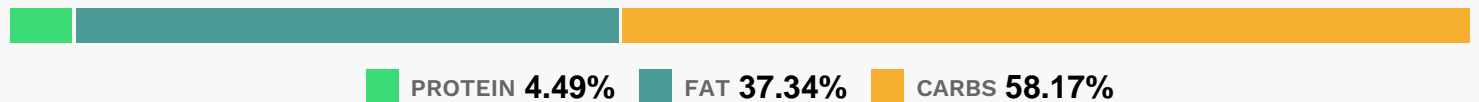
Equipment

- food processor
- bowl
- oven
- whisk
- wire rack
- blender

Directions

- Heat oven to 350°F.
- In food processor or blender, place the 2 1/2 cups cereal. Cover; process until cereal is finely crushed. With processor running, pour melted butter into bowl through feed tube; process until just combined. Lightly press crumb mixture in bottom and up side of ungreased 9-inch glass pie plate.
- Bake 8 minutes; cool completely on cooling rack, about 20 minutes.
- Meanwhile, in medium bowl, beat dry pudding mix and milk with whisk 2 minutes. Fold in whipped topping.
- Arrange banana slices evenly in bottom of crust; top with pudding mixture. Cover; refrigerate at least 4 hours.
- Serve with toppings. Cover and refrigerate any remaining pie.

Nutrition Facts



Properties

Glycemic Index:24.69, Glycemic Load:4.5, Inflammation Score:-6, Nutrition Score:10.573043481163%

Flavonoids

Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 234.96kcal (11.75%), Fat: 10.16g (15.63%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 35.62g (11.87%), Net Carbohydrates: 33.8g (12.29%), Sugar: 22.22g (24.69%), Cholesterol: 25.75mg (8.58%), Sodium: 353.76mg (15.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Vitamin B6: 0.45mg (22.41%), Vitamin B2: 0.37mg (21.52%), Vitamin B12: 1.18µg (19.71%), Phosphorus: 186.4mg (18.64%), Vitamin B1: 0.26mg (17.39%), Folate: 66.35µg (16.59%), Zinc: 2.43mg (16.18%), Vitamin B3: 3.21mg (16.03%), Iron: 2.74mg (15.21%), Vitamin A: 621.08IU (12.42%), Calcium: 115.58mg (11.56%), Vitamin C: 6.5mg (7.88%), Manganese: 0.15mg (7.7%), Fiber: 1.82g (7.26%), Vitamin D: 1µg (6.68%), Potassium: 233.33mg (6.67%), Magnesium: 24.04mg (6.01%), Selenium: 2.44µg (3.49%), Vitamin B5: 0.33mg (3.3%), Copper: 0.05mg (2.71%), Vitamin E: 0.39mg (2.59%), Vitamin K: 1.3µg (1.23%)