



Creamy Banana-Chocolate Pie

READY IN



290 min.

SERVINGS



50

CALORIES



62 kcal

Ingredients

- 1 banana sliced
- 1 Tbsp butter
- 6 oz ready-to-use graham cracker crumb crust
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 2 Tbsp milk cold
- 4 oz baker's semi-sweet chocolate
- 2 cups cool whip whipped topping divided thawed

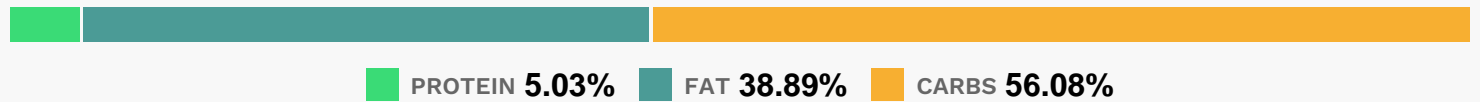
Equipment

- bowl
- whisk
- microwave

Directions

- Microwave chocolate, 2 Tbsp. milk and butter in microwaveable bowl on HIGH 1 to 1-1/2 min. or until butter is melted, stirring every 30 sec. Stir until chocolate is completely melted.
- Spread onto bottom of crust. Refrigerate 30 min.; cover with bananas.
- Beat pudding mixes and 2 cups milk in large bowl with whisk 2 min.
- Let stand 1 min. Stir in 1-1/2 cups COOL WHIP. Spoon over bananas.
- Refrigerate 4 hours or until firm. Top with remaining COOL WHIP just before serving.

Nutrition Facts



Properties

Glycemic Index:2.62, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:1.2047826207202%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg

Nutrients (% of daily need)

Calories: 61.84kcal (3.09%), Fat: 2.69g (4.13%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 8.38g (3.05%), Sugar: 6g (6.67%), Cholesterol: 1.44mg (0.48%), Sodium: 49.49mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Manganese: 0.08mg (4.05%), Phosphorus: 23.22mg (2.32%), Copper: 0.04mg (1.95%), Calcium: 17.66mg (1.77%), Magnesium: 6.87mg (1.72%), Vitamin B2: 0.03mg (1.63%), Iron: 0.24mg (1.36%), Fiber: 0.33g (1.32%), Potassium: 44.61mg (1.27%), Vitamin B12: 0.07µg (1.11%), Zinc: 0.15mg (1.02%)