



## Crustless Banana Cream Pie

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



166 kcal

### Ingredients

- 1 cup milk 1% low-fat
- 1 cup cream light sour
- 1 package jello banana pudding mix (sugar-free with 3/4 tsp. banana extract, if you can't) instant canned
- 2 medium banana whole firm sliced into 1/2 inch pieces
- 8 ounces cool whip fat-free

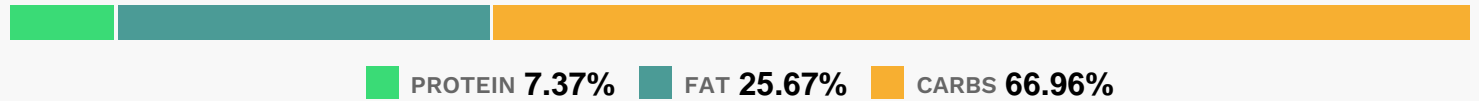
### Equipment

- baking pan

## Directions

- Beat milk, sour cream & pudding mix until smooth (don't forget to add banana extract if you are using vanilla pudding).
- Place 1/3 layer of the banana slices in square baking dish or pie plate.
- Top with half of the pudding mixture.
- Repeat layers.
- Arrange the remaining bananas on top.
- Cover with whipped topping.
- Chill for 2 hours or so.

## Nutrition Facts



## Properties

Glycemic Index:6.85, Glycemic Load:3.26, Inflammation Score:-2, Nutrition Score:5.1121739330499%

## 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: 165.7kcal (8.28%), Fat: 4.92g (7.56%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 27.98g (10.17%), Sugar: 19.14g (21.26%), Cholesterol: 16.07mg (5.36%), Sodium: 241.58mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Phosphorus: 176.06mg (17.61%), Vitamin B2: 0.27mg (16.07%), Vitamin B12: 0.72µg (12.03%), Calcium: 110.54mg (11.05%), Vitamin B6: 0.17mg (8.34%), Potassium: 245.94mg (7.03%), Vitamin B1: 0.08mg (5.3%), Vitamin A: 220.61IU (4.41%), Magnesium: 16.9mg (4.22%), Manganese: 0.08mg (4.09%), Selenium: 2.76µg (3.94%), Folate: 14.47µg (3.62%), Fiber: 0.88g (3.52%), Vitamin C: 2.83mg (3.42%), Zinc: 0.41mg (2.72%), Vitamin D: 0.38µg (2.55%), Vitamin B5: 0.21mg (2.06%), Copper: 0.04mg (1.79%), Vitamin B3: 0.35mg (1.77%)