



Easy Banana Cream Pie

READY IN



195 min.

SERVINGS



15

CALORIES



148 kcal

Ingredients

- 2 medium bananas ripe sliced
- 2 cups cool whip free whipped topping divided thawed
- 2.5 cups milk fat-free cold
- 6 oz ready-to-use graham cracker crumb crust reduced-fat
- 2 pkg jell-o vanilla flavor pudding fat free sugar free instant (4-serving size each)

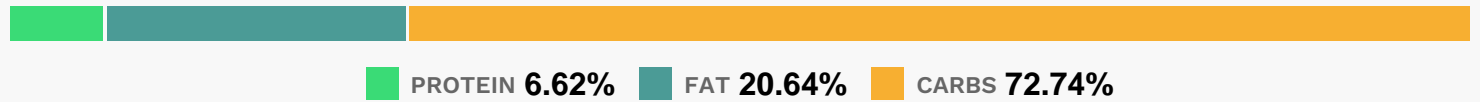
Equipment

- bowl
- whisk

Directions

- Place half of the banana slices on bottom of crust. Set remaining banana slices aside.
- Pour milk into large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 min. or until well blended. Gently stir in 1 cup of the whipped topping. Spoon half of the pudding mixture into crust. Top with remaining banana slices; cover with remaining pudding mixture.
- Refrigerate 3 hours or until set.
- Serve topped with the remaining 1 cup whipped topping. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.87, Glycemic Load:2.4, Inflammation Score:-2, Nutrition Score:3.7626086680785%

Flavonoids

Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 148.11kcal (7.41%), Fat: 3.45g (5.3%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 26.6g (9.67%), Sugar: 17.79g (19.77%), Cholesterol: 2.83mg (0.94%), Sodium: 158.79mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Manganese: 0.19mg (9.53%), Vitamin B2: 0.15mg (8.98%), Calcium: 69.42mg (6.94%), Phosphorus: 67.48mg (6.75%), Vitamin B12: 0.38µg (6.41%), Vitamin B6: 0.1mg (5.12%), Potassium: 150.69mg (4.31%), Vitamin B1: 0.06mg (4.23%), Folate: 13.03µg (3.26%), Magnesium: 12.56mg (3.14%), Vitamin D: 0.45µg (2.99%), Fiber: 0.74g (2.97%), Vitamin B3: 0.55mg (2.77%), Zinc: 0.38mg (2.55%), Vitamin K: 2.58µg (2.46%), Selenium: 1.68µg (2.41%), Vitamin A: 110.98IU (2.22%), Vitamin B5: 0.22mg (2.19%), Copper: 0.04mg (2.15%), Iron: 0.35mg (1.94%), Vitamin C: 1.37mg (1.66%), Vitamin E: 0.23mg (1.56%)