



Pineapple Banana Pie

 Dairy Free

READY IN



185 min.

SERVINGS



8

CALORIES



187 kcal

DESSERT

Ingredients

- 1.5 cups graham cracker crumbs (20 squares)
- 2 tablespoons honey
- 1 tablespoon water
- 2 teaspoons vegetable oil
- 8 oz pineapple rings crushed drained canned
- 1 package mesquite-flavored marinade sugar-free (4-serving size)
- 2 cups ice cubes
- 8 oz non-dairy whipped topping frozen thawed reduced-fat

- 1 medium banana thinly sliced
- 1 leaves mint leaves fresh toasted

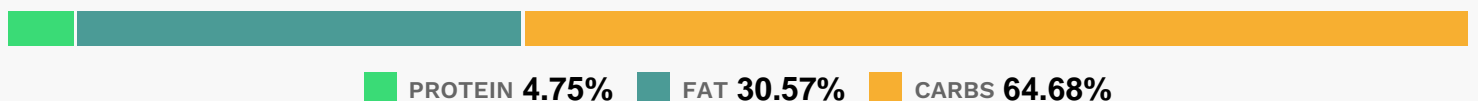
Equipment

- bowl
- sauce pan
- oven
- whisk

Directions

- Heat oven to 350°F. In medium bowl, mix all crust ingredients. Press in bottom and up side of 9-inch glass pie plate.
- Bake 8 to 10 minutes or until golden brown; cool.
- Add enough water to reserved pineapple juice to measure 2/3 cup. In small saucepan, heat juice mixture to boiling. In medium bowl, stir gelatin and hot juice mixture about 3 minutes until gelatin is dissolved.
- Add ice cubes; stir constantly about 3 minutes or until gelatin is thickened.
- Remove any ice that is not melted.
- With wire whisk, stir whipped topping into gelatin mixture; beat until smooth. Fold in pineapple and banana. Refrigerate about 30 minutes or just until mixture mounds when dropped from a spoon.
- Spread pineapple-banana mixture in crust. Refrigerate about 2 hours or until firm but no longer than 8 hours.
- Garnish with mint leaves. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:31.39, Glycemic Load:12.46, Inflammation Score:-1, Nutrition Score:3.1330435042796%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Kaempferol: 0.02mg, 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: 186.81kcal (9.34%), Fat: 6.49g (9.99%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 29.62g (10.77%), Sugar: 20.59g (22.88%), Cholesterol: 0.57mg (0.19%), Sodium: 127.9mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Phosphorus: 58.24mg (5.82%), Fiber: 1.3g (5.19%), Magnesium: 20.23mg (5.06%), Vitamin B1: 0.08mg (5%), Vitamin B6: 0.1mg (4.9%), Vitamin B2: 0.08mg (4.83%), Vitamin C: 3.98mg (4.82%), Iron: 0.82mg (4.55%), Potassium: 147.24mg (4.21%), Vitamin B3: 0.81mg (4.04%), Calcium: 40.01mg (4%), Folate: 12.58µg (3.14%), Vitamin K: 3.25µg (3.09%), Copper: 0.06mg (3.05%), Zinc: 0.4mg (2.68%), Manganese: 0.04mg (2.21%), Vitamin E: 0.25mg (1.69%), Selenium: 0.98µg (1.41%)