



Frozen Banana Pudding Pie

READY IN



390 min.

SERVINGS



30

CALORIES



99 kcal

DESSERT

Ingredients

- 0.3 cup planters almonds toasted sliced
- 3 bananas divided
- 0.5 cup chocolate syrup
- 6 oz ready-to-use graham cracker crumb crust
- 1 pkg jell-o vanilla flavor pudding instant (8-serving size)
- 2.5 cups milk cold
- 8 oz cool whip whipped topping thawed

Equipment

bowl

whisk

Directions

Slice 2 of the bananas; arrange evenly on bottom of crust.

Pour milk into large bowl.

Add dry pudding mix. Beat with wire whisk 2 min. or until well blended.

Let stand 5 min. or until thickened. Gently stir in whipped topping.

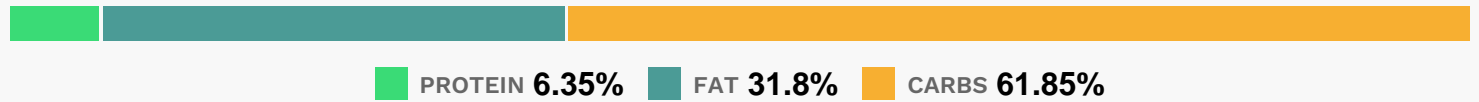
Spread over banana slices in crust.

Freeze 6 hours or until firm. When ready to serve, remove pie from freezer.

Let stand at room temperature 15 min. or until pie can be cut easily. Slice remaining banana. Arrange on top of pie.

Drizzle with chocolate syrup; sprinkle with almonds. Store leftovers in freezer.

Nutrition Facts



Properties

Glycemic Index:3.43, Glycemic Load:1.67, Inflammation Score:-1, Nutrition Score:2.3934782613879%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg 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: 98.56kcal (4.93%), Fat: 3.54g (5.44%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 14.82g (5.39%), Sugar: 10.28g (11.43%), Cholesterol: 2.59mg (0.86%), Sodium: 63.92mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Manganese: 0.14mg (7.13%), Phosphorus: 45.56mg (4.56%), Vitamin B2: 0.07mg (3.95%), Calcium: 35.53mg (3.55%), Magnesium: 12.78mg (3.19%), Vitamin B6: 0.06mg (3.14%), Potassium: 104.25mg (2.98%), Copper: 0.06mg (2.85%), Fiber: 0.66g (2.64%), Vitamin E:

0.36mg (2.41%), Vitamin B12: 0.12µg (2.08%), Vitamin B1: 0.03mg (1.93%), Iron: 0.32mg (1.79%), Folate: 6.71µg (1.68%), Vitamin B3: 0.33mg (1.67%), Zinc: 0.24mg (1.6%), Vitamin K: 1.62µg (1.55%), Vitamin D: 0.22µg (1.49%), Selenium: 0.96µg (1.38%), Vitamin B5: 0.13mg (1.3%), Vitamin C: 1.04mg (1.26%)