



## Frozen Black Bottom Banana Pie

READY IN



390 min.

SERVINGS



30

CALORIES



62 kcal

### Ingredients

- 1 large banana sliced
- 0.3 cup cream sauce hot
- 1 pkg jell-o banana cream flavor pudding instant (4-serving size)
- 1.5 cups milk cold
- 6 oz oreo pie crust
- 2 cups cool whip whipped topping thawed

### Equipment

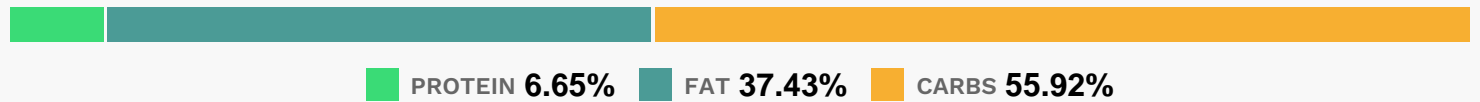
- bowl
- whisk

plastic wrap

## Directions

- Spread dessert topping onto bottom of pie crust; top with banana slices.
- 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.
- Freeze 6 hours or overnight, covering with plastic wrap after 2 hours.
- Let stand at room temperature 15 min. or until pie can be cut easily before serving. Store leftover pie in freezer.

## Nutrition Facts



## Properties

Glycemic Index:3.09, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:1.1534782479639%

## Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg

## Nutrients (% of daily need)

Calories: 62.28kcal (3.11%), Fat: 2.61g (4.02%), Saturated Fat: 1.22g (7.59%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 8.46g (3.08%), Sugar: 5.15g (5.72%), Cholesterol: 1.6mg (0.53%), Sodium: 49.21mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.09%), Phosphorus: 28.39mg (2.84%), Vitamin B2: 0.04mg (2.28%), Calcium: 20.44mg (2.04%), Vitamin B1: 0.03mg (1.79%), Potassium: 56.15mg (1.6%), Magnesium: 6.3mg (1.58%), Vitamin B12: 0.08µg (1.3%), Folate: 5.16µg (1.29%), Vitamin B6: 0.03mg (1.29%), Manganese: 0.03mg (1.26%), Iron: 0.23mg (1.26%), Fiber: 0.31g (1.26%)