



## Frozen Chocolate Peanut Butter Banana Pie

READY IN



390 min.

SERVINGS



8

CALORIES



389 kcal

DESSERT

### Ingredients

- 2 large banana
- 4 ounces bittersweet chocolate
- 2 tablespoons butter
- 19-inch chocolate pie crust ()
- 3 tablespoons corn syrup dark light karo®
- 8 ounce cream cheese softened
- 0.7 cup peanut butter

### Equipment

sauce pan

## Directions

- Beat cream cheese, peanut butter and 1/3 cup corn syrup together until light and fluffy. Melt chocolate and butter in small saucepan over low heat until smooth.
- Add 3 tablespoons corn syrup and stir until blended.
- Slice 1 banana and arrange on bottom of crust.
- Spread half of the peanut butter mixture over banana slices. Top with half of the chocolate mixture. Repeat layers.
- Sprinkle peanuts over top of pie, if desired.
- Cover and freeze 6 hours or until serving time.
- Let stand at room temperature 15 minutes before cutting into wedges.

## Nutrition Facts

 **PROTEIN 7.74%**  **FAT 64.6%**  **CARBS 27.66%**

## Properties

Glycemic Index:23.22, Glycemic Load:10.47, Inflammation Score:-6, Nutrition Score:9.3726087134817%

## Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 389.28kcal (19.46%), Fat: 29.13g (44.81%), Saturated Fat: 11.65g (72.81%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 25.01g (9.09%), Sugar: 19.11g (21.24%), Cholesterol: 29.48mg (9.83%), Sodium: 229.44mg (9.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 7.86g (15.71%), Manganese: 0.61mg (30.31%), Magnesium: 73.82mg (18.45%), Vitamin E: 2.43mg (16.19%), Vitamin B3: 3.24mg (16.18%), Copper: 0.3mg (15.16%), Phosphorus: 149.44mg (14.94%), Fiber: 3.05g (12.21%), Vitamin B6: 0.24mg (12.1%), Vitamin A: 534.78IU (10.7%), Potassium: 366.03mg (10.46%), Vitamin B2: 0.14mg (8.25%), Iron: 1.42mg (7.9%), Zinc: 1.12mg (7.45%), Selenium: 5.09µg (7.27%), Folate: 27.96µg (6.99%), Vitamin B5: 0.55mg (5.5%), Calcium: 51.06mg (5.11%), Vitamin C: 2.96mg (3.59%), Vitamin B1: 0.05mg (3.53%), Vitamin K: 1.85µg (1.76%), Vitamin B12: 0.09µg (1.52%)