



No-Bake Mile-High Banana Split Pie

READY IN



120 min.

SERVINGS



8

CALORIES



449 kcal

Ingredients

- ☐ 2 bananas sliced into 1/4 inch slices
- ☐ 1 9-inch chocolate pie crust prepared ()
- ☐ 2 tablespoons rum dark
- ☐ 12 ounce fudge topping hot
- ☐ 5 ounce vanilla pudding mix instant
- ☐ 12 maraschino cherries with stems, drained
- ☐ 1.3 cups milk cold
- ☐ 20 ounce pineapple chunks drained canned
- ☐ 3 tablespoons walnut pieces
- ☐ 12 ounce non-dairy whipped topping frozen divided thawed

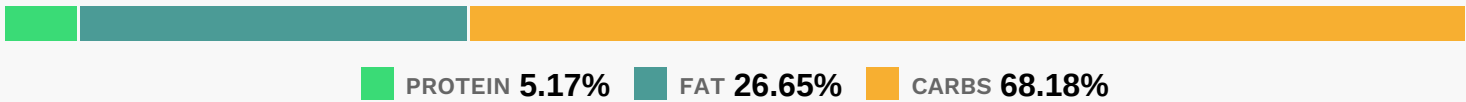
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ microwave

Directions

- ☐ In a large bowl, whisk together pudding mix and milk until smooth. Fold in 2 cups of the whipped topping, and sliced banana. Reserve 1/2 of banana pudding mixture, and spread the remainder into pie crust.
- ☐ In a small bowl, stir together hot fudge sauce and rum. Reserve 3 tablespoons in a microwave-safe container, for drizzling on top. With the back of a spoon, gently spread 1/2 of remaining fudge sauce over banana pudding in pie crust. Repeat layers with remaining banana pudding and remaining fudge sauce. Refrigerate for 1 hour, or until firm.
- ☐ Arrange pineapple chunks in a single layer over top of pie.
- ☐ Spread with remaining whipped topping, swirling topping into peaks with the back of a spoon. Refrigerate for 30 minutes.
- ☐ In a microwave oven, heat reserved fudge sauce until pourable, about 10 seconds.
- ☐ Drizzle sauce with a fork over top of pie.
- ☐ Garnish with maraschino cherries and chopped walnuts.

Nutrition Facts



Properties

Glycemic Index:15.97, Glycemic Load:3.99, Inflammation Score:-3, Nutrition Score:8.3717391698257%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg,

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Nutrients (% of daily need)

Calories: 449.07kcal (22.45%), Fat: 13.31g (20.48%), Saturated Fat: 7.5g (46.88%), Carbohydrates: 76.63g (25.54%), Net Carbohydrates: 73.15g (26.6%), Sugar: 57.48g (63.86%), Cholesterol: 5.85mg (1.95%), Sodium: 306.8mg (13.34%), Alcohol: 1.25g (100%), Alcohol %: 0.62% (100%), Protein: 5.81g (11.62%), Manganese: 0.37mg (18.5%), Copper: 0.33mg (16.32%), Fiber: 3.48g (13.92%), Phosphorus: 136.55mg (13.66%), Magnesium: 52.82mg (13.21%), Potassium: 436.28mg (12.47%), Calcium: 119.35mg (11.93%), Vitamin C: 9.36mg (11.35%), Vitamin B6: 0.22mg (11.11%), Vitamin B2: 0.17mg (10.25%), Vitamin E: 1.42mg (9.49%), Vitamin B1: 0.14mg (9.27%), Iron: 1.03mg (5.73%), Zinc: 0.81mg (5.38%), Vitamin B12: 0.32µg (5.27%), Selenium: 3.66µg (5.23%), Folate: 16.18µg (4.05%), Vitamin K: 3.4µg (3.23%), Vitamin B5: 0.32mg (3.17%), Vitamin B3: 0.63mg (3.16%), Vitamin A: 152.52IU (3.05%), Vitamin D: 0.42µg (2.8%)