



Peanut Butter-Banana Pie

READY IN



170 min.

SERVINGS



50

CALORIES



75 kcal

Ingredients

- 2 bananas sliced
- 0.5 cup creamy peanut butter
- 2 pkg jell-o chocolate flavor pudding instant (4-serving size each)
- 0.3 cup butter melted ()
- 3 cups milk
- 30 oreo cookies divided
- 1.5 cups cool whip whipped topping thawed

Equipment

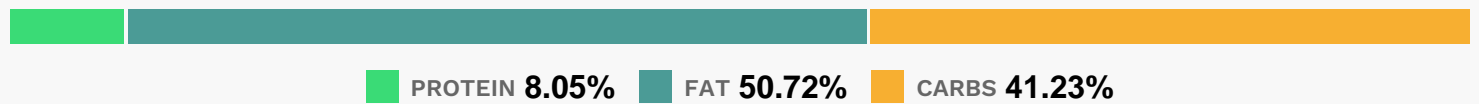
- bowl

whisk

Directions

- Crush 22 of the cookies; place in medium bowl.
- Add margarine; mix well. Press onto bottom and up side of 9-inch pie plate. Refrigerate 30 min.
- Spread peanut butter onto bottom of crust; top evenly with bananas.
- Add milk to dry pudding mixes. Beat with wire whisk 2 min. or until well blended.
- Pour over bananas.
- Refrigerate at least 2 hours. Top with the whipped topping and remaining 8 cookies just before serving. Store leftovers in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.14, Glycemic Load:0.85, Inflammation Score:-1, Nutrition Score:2.1360869718635%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 75.15kcal (3.76%), Fat: 4.39g (6.75%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 7.57g (2.75%), Sugar: 5.04g (5.6%), Cholesterol: 1.8mg (0.6%), Sodium: 57.51mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.13%), Iron: 0.93mg (5.17%), Manganese: 0.1mg (5.01%), Phosphorus: 33.22mg (3.32%), Vitamin E: 0.47mg (3.14%), Vitamin B3: 0.58mg (2.9%), Vitamin B2: 0.05mg (2.83%), Magnesium: 10.98mg (2.75%), Calcium: 22.96mg (2.3%), Potassium: 73.1mg (2.09%), Vitamin K: 2.12µg (2.02%), Vitamin B6: 0.04mg (2%), Copper: 0.04mg (1.95%), Folate: 7.63µg (1.91%), Vitamin B1: 0.03mg (1.86%), Fiber: 0.46g (1.83%), Vitamin B12: 0.08µg (1.41%), Vitamin A: 69.15IU (1.38%), Zinc: 0.19mg (1.26%), Selenium: 0.86µg (1.23%), Vitamin B5: 0.12mg (1.2%), Vitamin D: 0.16µg (1.07%)