



Peanut Butter-Chocolate Banana Cream Pie

READY IN



225 min.

SERVINGS



45

CALORIES



82 kcal

Ingredients

- 2 bananas
- 0.3 cup butter melted
- 0.5 cup creamy peanut butter
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 2 Tbsp planters peanuts salted coarsely chopped
- 2 oz baker's semi-sweet chocolate divided
- 1 cup vanilla wafers crushed finely
- 2 cups cool whip whipped topping divided thawed

Equipment

- bowl
- oven
- whisk
- microwave

Directions

- Heat oven to 350F.
- Mix wafer crumbs and butter until blended; press onto bottom and up side of 9-inch pie plate.
- Bake 5 to 8 min. or until golden brown. Cool completely. Meanwhile, make chocolate curls from 1/2 oz. chocolate. Refrigerate.
- Microwave remaining 1-1/2 oz. chocolate and peanut butter in microwaveable bowl on HIGH 1 min.; stir until chocolate is completely melted and mixture is well blended.
- Place bananas in crust; drizzle with melted chocolate.
- Beat pudding mixes and milk in large bowl with whisk 2 min. Stir in 1 cup COOL WHIP.
- Spread over bananas; top with remaining COOL WHIP.
- Refrigerate 3 hours. Top with chocolate curls and nuts just before serving.

Nutrition Facts



PROTEIN 7.01% **FAT 47.23%** **CARBS 45.76%**

Properties

Glycemic Index:5.2, Glycemic Load:2.19, Inflammation Score:-1, Nutrition Score:1.6439130371032%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 82.2kcal (4.11%), Fat: 4.43g (6.82%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 9.19g (3.34%), Sugar: 6.88g (7.65%), Cholesterol: 4.18mg (1.39%), Sodium: 66.06mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Manganese: 0.08mg (4.21%), Phosphorus: 30.7mg (3.07%), Vitamin B3: 0.57mg (2.86%), Magnesium: 10.78mg (2.7%), Vitamin E: 0.33mg (2.17%), Vitamin B2: 0.03mg (2.05%), Vitamin B6: 0.04mg (2.04%), Potassium: 68.38mg (1.95%), Calcium: 19.11mg (1.91%), Fiber: 0.47g (1.9%), Copper: 0.04mg (1.81%), Vitamin B1: 0.02mg (1.63%), Folate: 6.36µg (1.59%), Vitamin B12: 0.07µg (1.16%), Zinc: 0.17mg (1.15%), Vitamin A: 55.54IU (1.11%)