



Triple Layer Banana Cream Pie Bars

READY IN



215 min.

SERVINGS



35

CALORIES



102 kcal

Ingredients

- 3 bananas sliced
- 0.3 cup butter melted
- 6.8 oz jell-o vanilla flavor pudding instant
- 3 cups milk cold
- 0.5 cup planters pecans chopped
- 1.5 cups vanilla wafers crushed finely
- 2.5 cups cool whip whipped topping divided thawed

Equipment

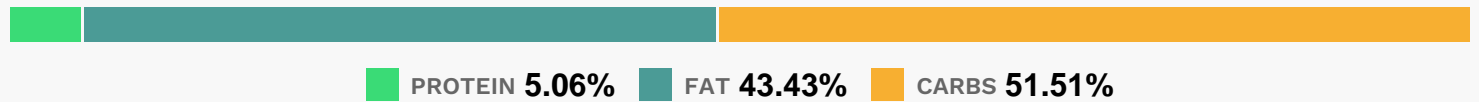
- oven

- whisk
- baking pan

Directions

- Heat oven to 325F.
- Mix wafer crumbs, nuts and butter in 13x9-inch baking dish; press onto bottom of dish.
- Bake 8 min. Cool 10 min.
- Top with bananas. Beat pudding mixes and milk with whisk 2 min.; spread 2 cups pudding over bananas.
- Stir 1 cup COOL WHIP into remaining pudding; spread over pie. Top with remaining COOL WHIP. Refrigerate 3 hours.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:4.1, Inflammation Score:-1, Nutrition Score:1.8617391417856%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 101.52kcal (5.08%), Fat: 5.01g (7.7%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 12.86g (4.68%), Sugar: 9.42g (10.47%), Cholesterol: 2.66mg (0.89%), Sodium: 86.22mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Manganese: 0.09mg (4.61%), Phosphorus: 33.82mg (3.38%), Vitamin B2: 0.06mg (3.25%), Calcium: 31.95mg (3.19%), Vitamin B1: 0.05mg (3.02%), Vitamin B6: 0.05mg (2.71%), Vitamin A: 122.44IU (2.45%), Potassium: 84.76mg (2.42%), Vitamin B12: 0.13µg (2.1%), Fiber: 0.5g (1.99%), Magnesium: 7.39mg (1.85%), Folate: 6.66µg (1.67%), Vitamin D: 0.23µg (1.53%), Copper: 0.03mg (1.34%), Vitamin B5: 0.13mg (1.26%), Vitamin B3: 0.23mg (1.17%), Zinc: 0.17mg (1.14%), Vitamin C: 0.9mg (1.09%), Selenium: 0.73µg (1.04%)