



## Vegan Chocolate Banana Pie

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

DESSERT

### Ingredients

- 1 box silken tofu
- 2 banana
- 1 cup chocolate dark
- 1 tablespoon cornstarch with 1 ½ tsp soy milk
- 3 tablespoons maple syrup
- 1 pie crust dough

### Equipment

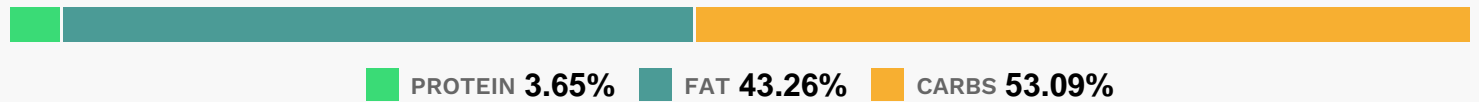
- bowl

- pot
- blender

## Directions

- In a blender, add tofu and mix until creamy,
- Add bananas.
- Melt chocolate in a bowl on top of a pot of boiling water
- Add chocolate to blender, add cornstarch and maple syrup.
- Pour into a precooked pie crust, and place in the fridge for as long as possible.

## Nutrition Facts



## Properties

Glycemic Index:22.31, Glycemic Load:13.63, Inflammation Score:-3, Nutrition Score:6.9782608695652%

## Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg 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: 344.54kcal (17.23%), Fat: 17.5g (26.92%), Saturated Fat: 8.21g (51.33%), Carbohydrates: 48.32g (16.11%), Net Carbohydrates: 44.97g (16.35%), Sugar: 25.81g (28.68%), Cholesterol: 0mg (0%), Sodium: 121.97mg (5.3%), Caffeine: 19.25mg (6.42%), Protein: 3.32g (6.65%), Manganese: 0.61mg (30.31%), Vitamin B2: 0.27mg (16.11%), Fiber: 3.35g (13.39%), Magnesium: 50.02mg (12.5%), Copper: 0.22mg (11.02%), Iron: 1.66mg (9.24%), Vitamin B6: 0.17mg (8.55%), Potassium: 275.72mg (7.88%), Phosphorus: 72.21mg (7.22%), Folate: 28.58µg (7.14%), Vitamin B1: 0.1mg (6.85%), Vitamin B3: 1.23mg (6.15%), Zinc: 0.7mg (4.64%), Vitamin C: 3.42mg (4.15%), Selenium: 2.86µg (4.09%), Vitamin K: 4.1µg (3.91%), Vitamin B5: 0.27mg (2.67%), Calcium: 25.33mg (2.53%), Vitamin E: 0.25mg (1.64%)