

# Banana Caramel Spice Pie

*Holiday Desserts*

*Favorite Brand Name Recipes Vol. 8, No. 73*

## Servings: 8

1 banana, sliced  
1 (6 ounce) chocolate pie crust  
2 cups cold milk  
2 packages (3.3 ounce ea) JELL-O white chocolate flavor instant pudding  
1/2 teaspoon ground cinnamon  
1 tub (8 ounce) whipped topping, thawed  
1 cup caramel ice cream topping

## Preparation Time: 10 minutes

Place the banana slices on the bottom of the crust.

Pour the cold milk into a large bowl. Add the dry pudding mixes and the cinnamon. Beat with a wire whisk for two minutes or until well blended. Gently stir in the whipped topping. Spoon into the crust.

Refrigerate for four hours or until set.

Serve topped with the caramel topping. Store leftover pie in the refrigerator.

For additional garnish, sprinkle with chopped chocolate-covered toffee bars and/or chopped toasted walnuts just before serving.

Start to Finish Time: 4 hours 10 minutes

*Toss the banana slices with lemon juice to prevent them from darkening.*

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Per Serving (excluding unknown items): 44 Calories; 2g Fat (47.8% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	44	Vitamin B6 (mg):	.1mg
% Calories from Fat:	47.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	49.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	3mcg

**Saturated Fat (g):** 2g  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 6g  
**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** 3mg  
**Potassium (mg):** 61mg  
**Calcium (mg):** 3mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 93IU  
**Vitamin A (r.e.):** 9 1/2RE

**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 44 Calories from Fat: 21

#### % Daily Values\*

<b>Total Fat</b>	2g	4%
Saturated Fat	2g	10%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	3mg	0%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	trace	2%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		2%
<b>Vitamin C</b>		2%
<b>Calcium</b>		0%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.