

Banana Coconut Pie

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Servings: 8

*2 boxes (3.4 ounce ea) instant vanilla pudding and pie filling
2 cups milk
1 frozen piecrust, thawed
banana slices
2 cups whipped cream
3/4 cup toasted coconut*

Prepare the instant pudding using two cups of milk.

Line the piecrust with banana slices.

Spoon the pudding over the bananas.

Top with whipped cream and toasted coconut.

Chill.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 220 Calories; 17g Fat (67.9% calories from fat); 4g Protein; 14g Carbohydrate; 0g Dietary Fiber; 51mg Cholesterol; 145mg Sodium. Exchanges: 0 Fruit; 1/2 Non-Fat Milk; 3 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	220	Vitamin B6 (mg):	.1mg
% Calories from Fat:	67.9%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	25.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	17g	Folacin (mcg):	6mcg
Saturated Fat (g):	12g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	51mg	% Refused:	0.0%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	145mg	Vegetable:	0

Potassium (mg): 201mg
Calcium (mg): 131mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 576IU
Vitamin A (r.e.): 165RE

Fruit: 0
Non-Fat Milk: 1/2
Fat: 3 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 220 Calories from Fat: 150

% Daily Values*

Total Fat	17g	26%
Saturated Fat	12g	58%
Cholesterol	51mg	17%
Sodium	145mg	6%
Total Carbohydrates	14g	5%
Dietary Fiber	0g	0%
Protein	4g	

Vitamin A	12%
Vitamin C	2%
Calcium	13%
Iron	2%

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