

Banana Cream-Caramel Pie

Holiday Desserts

Favorite Brand Name Recipes Vol. 8, No. 73

Servings: 8

2 bananas, sliced
1 (6 ounce) chocolate pie crust
1/3 cup chopped walnuts
3 tablespoons caramel ice cream topping
1 package (3.4 ounce) JELL-O vanilla flavor instant pudding
1 cup cold milk
1 tub (8 ounce) whipped topping, thawed and divided
1 package (4 ounce) Baker's semi-sweet chocolate

Preparation Time: 15 minutes

Spread the bananas onto the bottom of the crust. Top with the nuts and the caramel topping.

Beat the dry pudding mix and milk into a large bowl with a whisk for 2 minutes. Stir in half of the whipped topping. Spoon into the crust.

Microwave the chocolate in a medium microwaveable bowl on High for 1-1/2 minutes or until melted, stirring every 45 seconds. Whisk in the remaining whipped topping. Cool slightly. Spread over the pie.

Refrigerate for four hours.

Start to Finish Time: 4 hours 25 minutes

SUBSTITUTE: Prepare using banana cream flavor instant pudding.

Per Serving (excluding unknown items): 88 Calories; 5g Fat (51.8% calories from fat); 2g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	88	Vitamin B6 (mg):	.2mg
% Calories from Fat:	51.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	41.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	5g	Folacin (mcg):	9mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	3mg
Potassium (mg):	146mg
Calcium (mg):	5mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	120IU
Vitamin A (r.e.):	12RE

Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 88	Calories from Fat: 46
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% Daily Values*

Total Fat 5g	8%
Saturated Fat 2g	11%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrates 10g	3%
Dietary Fiber 1g	4%
Protein 2g	
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Vitamin A	2%
Vitamin C	5%
Calcium	1%
Iron	1%

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