

Banana Split Pie II

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Yield: 2 pies

- 4 bananas
- large container Cool Whip Lite®
- large can crushed pineapple
- 1 cup sugar
- 6 tablespoons flour
- chocolate syrup
- 1 nine-inch graham cracker crust
- chopped pecans (for topping)
- cherries (for topping)

In a saucepan, mix the pineapple, flour and sugar. Heat until it thickens. Chill.

In a graham cracker crust, put a layer of bananas. Then place a layer of the pineapple mixture. Sprinkle with chocolate syrup.

Repeat the layers.

Top with Cool Whip, chopped pecans and cherries.

Per Serving (excluding unknown items): 1379 Calories; 3g Fat (1.7% calories from fat); 10g Protein; 346g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 2 1/2 Grain(Starch); 7 Fruit; 13 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1379	Vitamin B6 (mg):	2.7mg
% Calories from Fat:	1.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.6%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	2.7%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	3g	Folacin (mcg):	102mcg
Saturated Fat (g):	1g	Niacin (mg):	5mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	346g	Food Exchanges	
Dietary Fiber (g):	13g	Grain (Starch):	2 1/2
Protein (g):	10g	Lean Meat:	0

Sodium (mg): 8mg
Potassium (mg): 1923mg
Calcium (mg): 37mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 43mg
Vitamin A (i.u.): 382IU
Vitamin A (r.e.): 38RE

Vegetable: 0
Fruit: 7
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 1379 Calories from Fat: 23

% Daily Values*

Total Fat	3g		4%
Saturated Fat	1g		5%
Cholesterol	0mg		0%
Sodium	8mg		0%
Total Carbohydrates	346g		115%
Dietary Fiber	13g		51%
Protein	10g		
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Vitamin A			8%
Vitamin C			72%
Calcium			4%
Iron			21%

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