

Tall Caramel-Banana 'n Pecan Pie

Holiday Desserts

Favorite Brand Name Recipes Vol. 8, No. 73

Servings: 8

2 packages (8 ounce ea) Philadelphia cream cheese, softened

1/2 cup packed brown sugar

1 teaspoon vanilla extract

1 tub (8 ounce) whipped topping, thawed and divided

1/2 cup caramel ice cream topping, divided

1 (6 ounce) graham cracker pie crust

1/2 cup chopped pecans

2 bananas, sliced

Preparation Time: 15 minutes

Beat the cream cheese, sugar and vanilla in a large bowl with a mixer until blended. Stir in two cups of the whipped topping with a whisk. Set aside.

Spread 1/4 cup of the caramel topping onto the bottom of the crust. Top with layers of 1/4 cup of nuts, bananas and cream cheese mixture.

Cover with the remaining whipped topping and nuts.

Refrigerate for two hours.

Drizzle with the remaining caramel topping just before serving.

Garnish with additional banana slices just before serving.

Start to Finish Time: 2 hours 15 minutes

Per Serving (excluding unknown items): 160 Calories; 8g Fat (40.5% calories from fat); 1g Protein; 24g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	160	Vitamin B6 (mg):	.2mg
% Calories from Fat:	40.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	57.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.4%	Riboflavin B2 (mg):	trace

Total Fat (g): 8g
Saturated Fat (g): 2g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 24g
Dietary Fiber (g): 1g
Protein (g): 1g
Sodium (mg): 8mg
Potassium (mg): 195mg
Calcium (mg): 17mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 114IU
Vitamin A (r.e.): 11 1/2RE

Folacin (mcg): 9mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 2
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 160 Calories from Fat: 65

% Daily Values*

Total Fat	8g		12%
	Saturated Fat	2g	12%
Cholesterol	0mg		0%
Sodium	8mg		0%
Total Carbohydrates	24g		8%
	Dietary Fiber	1g	5%
Protein	1g		
<hr/>			
Vitamin A			2%
Vitamin C			5%
Calcium			2%
Iron			3%

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