

Banana Split Tart

Paula Macri - Gattuso's Bella Cucina
Scripps's Treasure Coast Newspapers

*1 box refrigerated pie crust, softened
according to package directions
1/2 cup semisweet chocolate chips,
melted
2 containers (6 ounce ea) banana
creme yogurt
2 small bananas, sliced
1 can (21 ounce) strawberry pie
filling
1 cup fresh strawberries, sliced*

Preheat the oven to 375 degrees.

Unroll one pie crust flat in the center of a large ungreased cookie sheet. Place the second crust over the top of the first crust, matching the edges and pressing to seal together.

With a rolling pin, roll out to fourteen inches round. Prick the crust with a fork.

Bake for 20 to 25 minutes or until the crust is golden brown. Remove from the oven and let cool completely, approximately 30 minutes.

Spread 1/4 cup of the melted chocolate chips evenly over the crust. Then spread the yogurt over the chocolate chips.

Arrange the slices of banana over the yogurt and spread the pie filling over the top. Arrange the sliced strawberries over the pie filling and drizzle the top with the remaining melted chocolate chips.

Cut into wedges and store in the refrigerator.

Per Serving (excluding unknown items): 1624 Calories; 83g Fat (43.9% calories from fat); 15g Protein; 223g Carbohydrate; 14g Dietary Fiber; 40mg Cholesterol; 813mg Sodium. Exchanges: 7 Grain(Starch); 4 1/2 Fruit; 16 1/2 Fat; 3 1/2 Other Carbohydrates.

Desserts

Calories (kcal): 1624
% Calories from Fat: 43.9%
% Calories from Carbohydrates: 52.6%
% Calories from Protein: 3.5%
Total Fat (g): 83g
Saturated Fat (g): 39g
Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 40mg
Carbohydrate (g): 223g
Dietary Fiber (g): 14g
Protein (g): 15g
Sodium (mg): 813mg
Potassium (mg): 1486mg
Calcium (mg): 62mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 105mg
Vitamin A (i.u.): 407IU
Vitamin A (r.e.): 41RE

Vitamin B6 (mg): 1.4mg
Vitamin B12 (mcg): 0mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .3mg
Folacin (mcg): 74mcg
Niacin (mg): 2mg
Caffeine (mg): 52mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 7
Lean Meat: 0
Vegetable: 0
Fruit: 4 1/2
Non-Fat Milk: 0
Fat: 16 1/2
Other Carbohydrates: 3 1/2

Nutrition Facts

Amount Per Serving

Calories 1624 **Calories from Fat:** 714

% Daily Values*

Total Fat	83g	127%
Saturated Fat	39g	197%
Cholesterol	40mg	13%
Sodium	813mg	34%
Total Carbohydrates	223g	74%
Dietary Fiber	14g	56%
Protein	15g	
Vitamin A		8%
Vitamin C		175%
Calcium		6%
Iron		21%

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