



Banana Boston Cream Pie

READY IN



1500 min.

SERVINGS



8

CALORIES



217 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.3 cups cake flour (not self-rising)
- ☐ 1 tablespoon plus light
- ☐ 2 tablespoons cornstarch
- ☐ 2 large egg yolks
- ☐ 2 large eggs separated
- ☐ 0.5 cup evaporated skim milk
- ☐ 1 cup milk fat-free (skim)

- ☐ 0.8 cup buttermilk low-fat well-shaken
- ☐ 1 firm-ripe banana
- ☐ 0.1 teaspoon salt
- ☐ 1 oz bittersweet chocolate coarsely chopped
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon butter unsalted
- ☐ 3 tablespoons cocoa powder unsweetened (not Dutch-process)
- ☐ 0.5 teaspoon vanilla
- ☐ 2.5 tablespoons boiling-hot water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap
- ☐ wax paper

Directions

- ☐ Preheat oven to 350°F. Lightly butter 2 (8-inch) round cake pans and dust with flour, knocking out excess.
- ☐ Sift together flour, baking soda, baking powder, and salt.
- ☐ Beat together butter and sugar in mixer at high speed until lightened, about 5 minutes.
- ☐ Add yolks 1 at a time, beating well after each addition, then beat in vanilla.
- ☐ Add half of flour mixture and mix at low speed until just blended.

- ☐ Add buttermilk, mixing until just combined, then add remaining flour mixture, mixing at low speed until smooth.
- ☐ Transfer batter to a large shallow bowl. Clean mixing bowl and beaters.
- ☐ Beat whites with a pinch of salt in mixer until they just hold stiff peaks, then fold into batter gently but thoroughly.
- ☐ Divide batter between pans, smoothing tops.
- ☐ Bake in middle of oven until cake is springy to the touch and a tester comes out clean, 15 to 20 minutes. (
- ☐ Layers will be about 3/4 to 1 inch high.) Cool in pans on racks 5 minutes. Run a sharp thin knife around edges, then invert onto racks and cool completely.
- ☐ Whisk together yolks, sugar, cornstarch, salt, and 2 tablespoons milk in a bowl. Bring remaining milk to a boil in a 2-quart heavy saucepan and add to yolk mixture in a slow stream, whisking constantly.
- ☐ Pour custard into saucepan and bring to a boil over moderately low heat, whisking constantly, then boil, whisking constantly, 2 minutes.
- ☐ Remove from heat and whisk in butter and vanilla.
- ☐ Transfer custard to a bowl and chill, its surface covered with wax paper, until cold, about 2 hours.
- ☐ Stir together evaporated milk, sugar, and corn syrup in a small heavy saucepan and simmer, stirring constantly, until caramel-colored and slightly thickened, about 6 minutes (be careful not to burn).
- ☐ Remove from heat and add chopped chocolate, whisking until smooth. Stir together cocoa, hot water, and vanilla in a small bowl, then stir into glaze. Chill, covered, until cool, about 15 minutes.
- ☐ Place 1 cake layer, upside down, on a platter.
- ☐ Whisk custard until smooth and spread 2/3 cup on top.
- ☐ Cut banana into 1/4-inch-thick slices and arrange evenly over custard, then spread remaining custard over banana. Top with remaining cake layer, upside down.
- ☐ Pour chocolate glaze over top (some may drip onto plate).
- ☐ •Cake, custard, and glaze can be made 1 day ahead and kept separately. Wrap cake layers well in plastic wrap and keep at room temperature. •Cake can be assembled 2 hours ahead and chilled.

- ☐ Each serving contains about 293 calories and 7 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:42.01, Glycemic Load:16.13, Inflammation Score:-3, Nutrition Score:8.1239131041195%

Flavonoids

Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 216.68kcal (10.83%), Fat: 5.13g (7.9%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 35.38g (11.79%), Net Carbohydrates: 33.53g (12.19%), Sugar: 16.09g (17.88%), Cholesterol: 96.42mg (32.14%), Sodium: 287.24mg (12.49%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Caffeine: 7.36mg (2.45%), Protein: 8.35g (16.7%), Selenium: 16.27µg (23.24%), Phosphorus: 176.39mg (17.64%), Manganese: 0.32mg (16.18%), Calcium: 149.16mg (14.92%), Vitamin B2: 0.23mg (13.77%), Magnesium: 36.89mg (9.22%), Copper: 0.18mg (9.14%), Potassium: 281.84mg (8.05%), Vitamin B12: 0.47µg (7.78%), Vitamin D: 1.15µg (7.64%), Vitamin B5: 0.76mg (7.59%), Fiber: 1.85g (7.39%), Zinc: 1.06mg (7.07%), Vitamin B6: 0.14mg (6.76%), Folate: 25.27µg (6.32%), Iron: 1.13mg (6.29%), Vitamin A: 292.1IU (5.84%), Vitamin B1: 0.07mg (4.6%), Vitamin E: 0.38mg (2.55%), Vitamin B3: 0.45mg (2.26%), Vitamin C: 1.7mg (2.06%)