



## Banana Caramel Pie I

READY IN



285 min.

SERVINGS



8

CALORIES



1332 kcal

DESSERT

### Ingredients

- ☐ 3 bananas ripe
- ☐ 0.3 cup confectioners' sugar
- ☐ 2.8 ounce bars candy english crushed toffee-flavored
- ☐ 9 inch graham cracker crust prepared
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 cup whipping cream

### Equipment

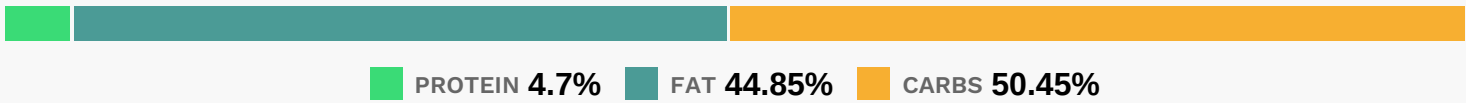
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Pour the condensed milk into a small baking dish, and cover with aluminum foil.
- ☐ Place the dish in a larger baking pan.
- ☐ Pour boiling water into the larger pan so it surrounds the smaller dish and comes half way up the sides.
- ☐ Place in preheated oven.
- ☐ Bake 1 hour, stirring twice, until milk turns light brown, thick, and caramelized.
- ☐ Slice the bananas and arrange on bottom of the graham cracker crust.
- ☐ Pour caramelized milk over bananas, and cool 30 minutes in the refrigerator.
- ☐ Place the heavy cream in a medium bowl, and whip until soft peaks form. Gradually add the confectioners' sugar; and continue whipping until stiff peaks form.
- ☐ Spread whipped cream over cooled caramel.
- ☐ Sprinkle with crushed toffee. Chill 3 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:17.35, Glycemic Load:22.16, Inflammation Score:-7, Nutrition Score:26.102173784505%

## Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 1331.87kcal (66.59%), Fat: 66.86g (102.86%), Saturated Fat: 21.61g (135.05%), Carbohydrates: 169.19g (56.4%), Net Carbohydrates: 163.33g (59.39%), Sugar: 73.92g (82.13%), Cholesterol: 50.78mg (16.93%), Sodium: 974.33mg (42.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.94mg (2.65%), Protein: 15.78g (31.56%), Manganese: 2.78mg (138.88%), Vitamin K: 43.89µg (41.8%), Vitamin B2: 0.71mg (41.79%), Phosphorus: 406.83mg (40.68%), Iron: 6.39mg (35.53%), Folate: 139.81µg (34.95%), Vitamin B3: 6.68mg (33.4%), Copper: 0.65mg (32.36%), Vitamin B1: 0.42mg (27.97%), Vitamin E: 3.99mg (26.63%), Fiber: 5.87g (23.46%), Magnesium: 93.54mg (23.38%), Calcium: 225.49mg (22.55%), Zinc: 3.32mg (22.16%), Selenium: 14.35µg (20.5%), Potassium: 657.87mg (18.8%), Vitamin B6: 0.35mg (17.36%), Vitamin A: 603.89IU (12.08%), Vitamin B5: 0.98mg (9.78%), Vitamin C: 5.32mg (6.45%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.58µg (3.83%)