



Banana Coconut Cream Pie

READY IN



275 min.

SERVINGS



8

CALORIES



440 kcal

Ingredients

- ☐ 2 medium bananas
- ☐ 2 tablespoons butter
- ☐ 0.5 cup coconut or flaked toasted
- ☐ 14 ounce eagle brand® condensed milk sweetened canned
- ☐ 3 tablespoons cornstarch
- ☐ 3 large egg yolks beaten
- ☐ 6 ounce graham cracker crust prepared
- ☐ 8 servings heavy cream
- ☐ 8 servings juice of lemon
- ☐ 1 teaspoon vanilla extract

☐ 1.3 cups water

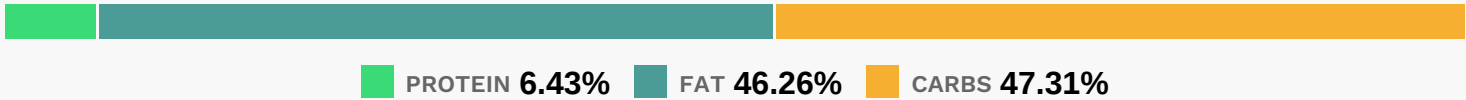
Equipment

☐ sauce pan

Directions

- ☐ Dissolve cornstarch in water in heavy saucepan; stir in sweetened condensed milk and egg yolks. Cook and stir until thickened and bubbly.
- ☐ Remove from heat; add butter and vanilla. Cool slightly. Fold in coconut.
- ☐ Slice bananas; dip in lemon juice and drain. Arrange on bottom of pie crust.
- ☐ Pour filling over bananas; cover.
- ☐ Chill 4 hours or until set. Top with whipped cream.
- ☐ Garnish with toasted coconut and sliced bananas, if desired.

Nutrition Facts



Properties

Glycemic Index:20.72, Glycemic Load:19.73, Inflammation Score:-5, Nutrition Score:10.276521827864%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 439.89kcal (21.99%), Fat: 23.1g (35.53%), Saturated Fat: 12.72g (79.52%), Carbohydrates: 53.14g (17.71%), Net Carbohydrates: 51.03g (18.56%), Sugar: 35.74g (39.72%), Cholesterol: 110.19mg (36.73%), Sodium: 197.46mg (8.59%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 7.23g (14.45%), Manganese: 0.51mg (25.51%), Phosphorus: 203.85mg (20.39%), Vitamin B2: 0.34mg (20.25%), Selenium: 13.33µg (19.04%), Calcium: 171.08mg (17.11%), Vitamin C: 9.83mg (11.92%), Vitamin A: 552.35IU (11.05%), Potassium: 380.86mg (10.88%), Vitamin B6: 0.2mg (10.02%), Folate: 38.67µg (9.67%), Fiber: 2.11g (8.44%), Magnesium: 33.42mg (8.35%), Vitamin B5: 0.8mg

(8.04%), Vitamin B1: 0.11mg (7.61%), Zinc: 1.08mg (7.22%), Copper: 0.14mg (6.86%), Vitamin B12: 0.37µg (6.21%), Vitamin E: 0.93mg (6.21%), Iron: 1.12mg (6.2%), Vitamin K: 5.87µg (5.59%), Vitamin B3: 1.05mg (5.23%), Vitamin D: 0.68µg (4.56%)