



Banana-Coconut Marshmallow Meringue Pie

READY IN



75 min.

SERVINGS



10

CALORIES



396 kcal

DESSERT

Ingredients

- ☐ 2 medium bananas diced
- ☐ 0.5 cup cream of coconut
- ☐ 2 large pasteurized egg whites
- ☐ 1 cup heavy cream cold
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 cup marshmallow creme
- ☐ 6 ounces marshmallows
- ☐ 1 pinch salt
- ☐ 2 tablespoons sugar

- ☐ 0.3 cup coconut or shredded sweetened
- ☐ 0.5 stick butter unsalted melted
- ☐ 2 tablespoons butter unsalted
- ☐ 5.5 ounces vanilla wafers

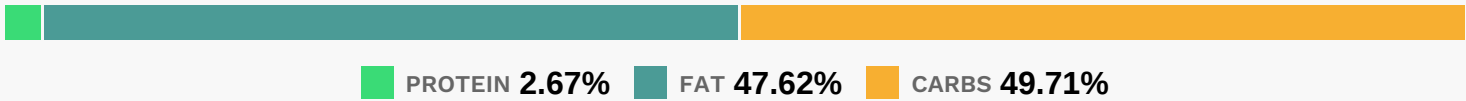
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Make the crust: Preheat the oven to 350 degrees F. Pulse the wafer cookies, sugar and salt in a food processor until finely ground.
- ☐ Add the melted butter and pulse until combined. Press the crumb mixture into the bottom and up the sides of a 9-inch pie plate.
- ☐ Bake until golden, about 15 minutes.
- ☐ Let cool completely.
- ☐ Put the marshmallows, cream of coconut and butter in a saucepan and cook over medium-low heat, stirring, until smooth.
- ☐ Transfer to a bowl and let cool 15 to 20 minutes.
- ☐ Once the marshmallow mixture has cooled, beat the heavy cream with a mixer on medium speed until stiff peaks form. Fold into the marshmallow mixture. Scatter the bananas evenly over the prepared crust, then top with the marshmallow-heavy cream mixture. Chill until the filling is firm, at least 8 hours.
- ☐ To serve, beat the egg whites, marshmallow cream, sugar, lemon juice and salt with a mixer on medium speed until stiff, glossy peaks form, 5 to 8 minutes. Fold in the shredded coconut and spread over the pie with the back of a spoon. Toast the meringue with a kitchen torch or broil briefly until golden (the meringue will brown quickly).
- ☐ Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:26.24, Glycemic Load:21.25, Inflammation Score:-4, Nutrition Score:3.655217435049%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 396.44kcal (19.82%), Fat: 21.56g (33.17%), Saturated Fat: 13.67g (85.42%), Carbohydrates: 50.63g (16.88%), Net Carbohydrates: 49.18g (17.88%), Sugar: 35.51g (39.46%), Cholesterol: 45.22mg (15.07%), Sodium: 112.04mg (4.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Vitamin A: 576.19IU (11.52%), Vitamin B2: 0.13mg (7.7%), Manganese: 0.12mg (6.11%), Fiber: 1.45g (5.78%), Vitamin B1: 0.08mg (5.29%), Vitamin B6: 0.1mg (5.13%), Folate: 20.46µg (5.12%), Selenium: 3.03µg (4.34%), Potassium: 142.49mg (4.07%), Vitamin D: 0.51µg (3.38%), Phosphorus: 32.41mg (3.24%), Vitamin C: 2.6mg (3.15%), Vitamin B3: 0.61mg (3.06%), Vitamin E: 0.45mg (2.99%), Magnesium: 10.46mg (2.61%), Copper: 0.05mg (2.39%), Calcium: 20.31mg (2.03%), Vitamin B5: 0.18mg (1.8%), Vitamin K: 1.48µg (1.41%)