



## Banana Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

### Ingredients

- 2 to 3 bananas ripe sliced into ¼-inch rounds
- 8 servings milk chocolate shavings for garnish
- 1 cup heavy cream soft (or whipping)
- 1 piecrust refrigerated (such as Pillsbury)
- 2 cups vanilla pudding

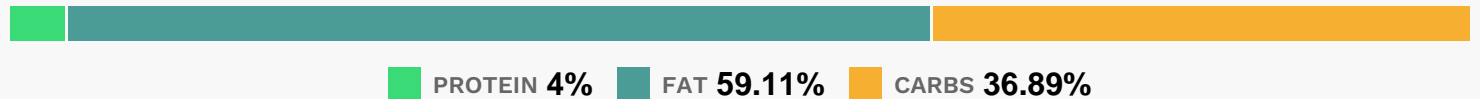
### Equipment

- oven
- aluminum foil

## Directions

- Place the piecrust dough in a 9-inch pie plate. Line the pie plate with the dough, then prick the dough several times with a fork. Refrigerate for 10 minutes. Line the dough with foil, tightly fitting it into the edge and up the side. Fill with pie weights or uncooked rice and bake 15 minutes at 400 F.
- Remove the foil and pie weights and bake an additional 10 minutes or until golden.
- Let stand until cool. Line the bottom of the pie shell with the bananas. Spoon the pudding over the bananas and smooth to cover.
- Spread a layer of the whipped cream on top, and garnish with the chocolate shavings.
- Serve immediately or keep in the refrigerator until needed, for a maximum of 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:6.85, Glycemic Load:3.26, Inflammation Score:-4, Nutrition Score:4.0965217377829%

## 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 Kaempferol: 0.03mg, 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: 251.15kcal (12.56%), Fat: 16.78g (25.82%), Saturated Fat: 8.83g (55.22%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 22.16g (8.06%), Sugar: 9.2g (10.22%), Cholesterol: 33.68mg (11.23%), Sodium: 130.26mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Manganese: 0.19mg (9.38%), Vitamin A: 456.92IU (9.14%), Vitamin B2: 0.11mg (6.75%), Vitamin B6: 0.13mg (6.48%), Fiber: 1.41g (5.64%), Folate: 21.97µg (5.49%), Vitamin B1: 0.07mg (4.92%), Potassium: 161.26mg (4.61%), Phosphorus: 41.76mg (4.18%), Iron: 0.73mg (4.04%), Vitamin B3: 0.8mg (3.99%), Magnesium: 14.99mg (3.75%), Selenium: 2.53µg (3.62%), Vitamin C: 2.74mg (3.33%), Vitamin D: 0.48µg (3.17%), Copper: 0.06mg (2.79%), Vitamin E: 0.41mg (2.71%), Vitamin B5: 0.26mg (2.63%), Calcium: 26.04mg (2.6%), Vitamin K: 2.72µg (2.59%), Zinc: 0.24mg (1.59%)