



Banana Cream Pie

READY IN



235 min.

SERVINGS



8

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 1.5 cups percent milk low-fat
- ☐ 2 cups banana sliced (3 medium bananas)
- ☐ 2 tablespoons butter softened
- ☐ 2 egg yolks
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 12 graham cracker squares (6 full sheets)
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons water boiling

- ☐ 0.3 cup whipping cream
- ☐ 0.3 cup plus

Equipment

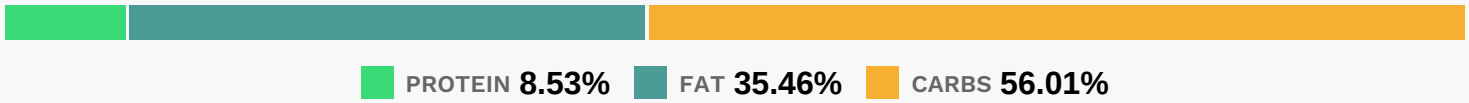
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Spray a 9-inch pie plate with cooking spray. In a food processor, process graham crackers until finely ground.
- ☐ Add butter and 1 tablespoon of water, and process until the crumb clumps together. Press crumb mixture into bottom of pie plate and about 1/2-inch up the sides.
- ☐ Bake in the oven for 10 minutes, then let cool.
- ☐ In the meantime, make the filling.
- ☐ Put the gelatin in a small bowl; add 3 tablespoons of boiling water and stir until gelatin is dissolved. In a medium saucepan, whisk together 1/3 cup of sugar and the flour. In a medium bowl lightly beat the milk and eggs together.
- ☐ Add the egg and milk mixture to the saucepan and whisk so the flour and sugar dissolve. Cook over a medium heat, stirring constantly, for 10 minutes, until mixture comes to a boil and has thickened. Stir in the vanilla extract and gelatin. Set aside to cool slightly.
- ☐ Arrange the sliced bananas on the graham cracker crust and pour the pudding on top.
- ☐ Place in the refrigerator until the pudding has set, about 3 hours.
- ☐ Whip the cream with an electric beater. When it is about halfway done, add 1/2 teaspoon of sugar, then continue whipping until fully whipped.

Put the whipped cream in a plastic bag, concentrating it in 1 corner of the bag. Snip that corner off the bag and squeeze the whipped cream out of the bag in a decorative pattern around the pie.

Nutrition Facts



Properties

Glycemic Index:40.48, Glycemic Load:17.18, Inflammation Score:-3, Nutrition Score:5.6182608397111%

Flavonoids

Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 208.07kcal (10.4%), Fat: 8.37g (12.87%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 28.32g (10.3%), Sugar: 17.82g (19.8%), Cholesterol: 66.74mg (22.25%), Sodium: 115.44mg (5.02%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 4.53g (9.06%), Phosphorus: 101.1mg (10.11%), Vitamin B2: 0.17mg (10.07%), Vitamin B6: 0.19mg (9.73%), Calcium: 78.62mg (7.86%), Selenium: 5.38µg (7.69%), Vitamin A: 372.42IU (7.45%), Potassium: 240.04mg (6.86%), Folate: 25.56µg (6.39%), Manganese: 0.13mg (6.33%), Vitamin B12: 0.38µg (6.26%), Vitamin B1: 0.09mg (6.18%), Magnesium: 23.35mg (5.84%), Vitamin D: 0.85µg (5.66%), Fiber: 1.41g (5.63%), Vitamin B5: 0.46mg (4.56%), Iron: 0.81mg (4.48%), Vitamin B3: 0.87mg (4.36%), Vitamin C: 3.31mg (4.01%), Zinc: 0.6mg (3.98%), Copper: 0.06mg (2.96%), Vitamin E: 0.31mg (2.09%)