



Banana Cream Pie

 Gluten Free

READY IN



205 min.

SERVINGS



10

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 2 bananas sliced into 1/4-inch-thick rounds
- ☐ 0.3 cup cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large eggs separated
- ☐ 0.5 teaspoon salt
- ☐ 3 ounces bittersweet chocolate finely chopped
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon sugar

- ☐ 10 sugar cones
- ☐ 2 tablespoons butter unsalted cold cut into small pieces
- ☐ 4 tablespoons butter unsalted melted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 cups milk whole

Equipment

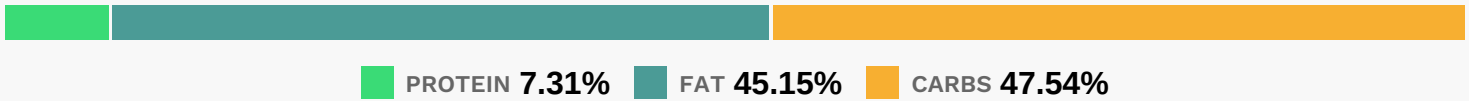
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ microwave
- ☐ pie form

Directions

- ☐ Make the crust: Preheat the oven to 350 degrees F. Pulse the cones, salt and sugar in a food processor until coarsely ground.
- ☐ Add the melted butter and pulse until the mixture looks like coarse sand. Press on the bottom and up the sides of a 9-inch pie dish.
- ☐ Bake until golden, 10 to 12 minutes; let cool completely.
- ☐ Make the filling: Bring 2 cups milk to a bare simmer in a saucepan over medium heat.
- ☐ Whisk the egg yolks, 3/4 cup sugar and the vanilla in a large bowl until smooth and pale.
- ☐ Whisk in the cornstarch. Slowly whisk the warm milk into the egg mixture, then pour into the saucepan and return to medium heat. Cook, whisking constantly, until the custard thickens and begins to bubble, about 2 minutes. Stir in the butter until melted. Strain the custard through a fine-mesh sieve into a large bowl; set aside to cool, stirring frequently.

- ☐ Put the remaining 2 tablespoons milk and the chocolate in a microwave–safe bowl;microwave 1 minute. Stir until the chocolate melts, then let cool slightly.
- ☐ Spread the chocolate over the bottom and up the sides of the crust. Press the bananas into the chocolate, then pour the custard over the bananas. Cover and chill until set, at least 1 hour.
- ☐ Preheat the oven to 375 degrees F. Make the meringue: Beat the egg whites in a large bowl with a mixer on medium–high speed until foamy.
- ☐ Add the cream of tartar and half of the remaining 1/3 cup sugar and beat until opaque.
- ☐ Add the remaining sugar and beat until stiff peaks form, about 5 more minutes.
- ☐ Swirl the meringue on the pie with the back of a spoon.
- ☐ Bake until golden brown in spots, 5 to 8 minutes.
- ☐ Let sit at room temperature until set, about 1 hour, 30 minutes.
- ☐ Photograph by Lisa Shin

Nutrition Facts



Properties

Glycemic Index:30.31, Glycemic Load:15.48, Inflammation Score:-3, Nutrition Score:6.1656521403271%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 267.54kcal (13.38%), Fat: 13.67g (21.03%), Saturated Fat: 7.75g (48.43%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 31.07g (11.3%), Sugar: 25.62g (28.47%), Cholesterol: 98.83mg (32.94%), Sodium: 165.75mg (7.21%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Caffeine: 7.31mg (2.44%), Protein: 4.98g (9.96%), Phosphorus: 118.64mg (11.86%), Selenium: 8.29µg (11.85%), Vitamin B2: 0.19mg (10.97%), Manganese: 0.19mg (9.38%), Vitamin A: 416.33IU (8.33%), Calcium: 80.03mg (8%), Vitamin B12: 0.47µg (7.85%), Vitamin B6: 0.15mg (7.68%), Magnesium: 29.89mg (7.47%), Copper: 0.14mg (7.2%), Potassium: 248.66mg (7.1%), Vitamin D: 1.06µg (7.09%), Vitamin B5: 0.6mg (6.02%), Iron: 0.98mg (5.43%), Fiber: 1.32g (5.29%), Zinc: 0.73mg (4.87%), Folate: 14.37µg (3.59%), Vitamin E: 0.5mg (3.35%), Vitamin B1: 0.05mg (3.05%), Vitamin C: 2.05mg (2.49%), Vitamin B3: 0.3mg (1.49%), Vitamin K: 1.52µg (1.45%)