



Banana Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



394 kcal

DESSERT

Ingredients

- ☐ 3 banana sliced
- ☐ 2 ounces bittersweet chocolate
- ☐ 3 tablespoons cornstarch
- ☐ 3 large egg yolk
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 8 servings pie crust dough
- ☐ 1 pinch salt
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted

- ☐ 0.3 teaspoons vanilla extract
- ☐ 2 teaspoons vegetable oil
- ☐ 2 cups milk whole

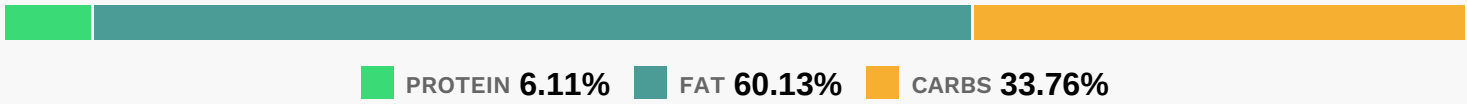
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Melt 2 ounces bittersweet chocolate with 2 teaspoons vegetable oil and brush over a prebaked 9" piecrust; chill until set. Meanwhile, whisk 3 large egg yolks, 1/2 cup sugar, 3 tablespoons cornstarch, and a pinch of salt in a medium saucepan, off heat, until smooth. Gradually whisk in 2 cups whole milk.
- ☐ Whisking constantly, bring to a full boil over medium heat and boil until thickened, about 1 minute.
- ☐ Remove from heat and whisk in 2 tablespoons unsalted butter and 2 teaspoons vanilla extract. Fold in 3 sliced bananas and let cool slightly.
- ☐ Pour filling into prepared pie crust, cover with plastic wrap, and chill until firm, at least 3 hours and up to 1 day. Beat 1 cup chilled heavy cream with 2 tablespoons sugar and 1/4 teaspoons vanilla extract until firm peaks form; spoon over pie and swirl decoratively.

Nutrition Facts



Properties

Glycemic Index:20.36, Glycemic Load:8.07, Inflammation Score:-5, Nutrition Score:9.0669565200806%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 394.19kcal (19.71%), Fat: 26.76g (41.16%), Saturated Fat: 13.9g (86.88%), Carbohydrates: 33.8g (11.27%), Net Carbohydrates: 31.53g (11.46%), Sugar: 14.85g (16.5%), Cholesterol: 117.74mg (39.25%), Sodium: 127.88mg (5.56%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Caffeine: 6.1mg (2.03%), Protein: 6.12g (12.24%), Manganese: 0.32mg (15.79%), Vitamin A: 747.61IU (14.95%), Phosphorus: 148.43mg (14.84%), Vitamin B2: 0.25mg (14.56%), Vitamin B6: 0.25mg (12.28%), Calcium: 114.48mg (11.45%), Selenium: 8.01µg (11.44%), Vitamin D: 1.54µg (10.29%), Potassium: 347.1mg (9.92%), Magnesium: 37.51mg (9.38%), Fiber: 2.28g (9.1%), Vitamin B12: 0.52µg (8.67%), Folate: 34.33µg (8.58%), Vitamin B1: 0.13mg (8.4%), Vitamin B5: 0.75mg (7.53%), Copper: 0.15mg (7.5%), Iron: 1.34mg (7.42%), Vitamin K: 5.78µg (5.5%), Vitamin E: 0.83mg (5.5%), Zinc: 0.82mg (5.49%), Vitamin B3: 1.01mg (5.07%), Vitamin C: 4.03mg (4.88%)