

Banana Cream Pie I

 Popular

READY IN



102 min.

SERVINGS



8

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 4 bananas sliced
- ☐ 2 tablespoons butter
- ☐ 3 egg yolks beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 1 9-inch pie crust ()
- ☐ 0.3 teaspoon salt
- ☐ 1.3 teaspoons vanilla extract

☐ 0.8 cup sugar white

Equipment

☐ sauce pan

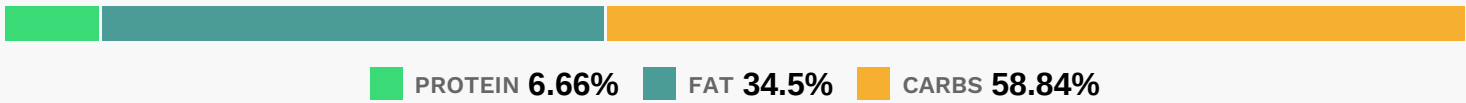
☐ oven

☐ stove

Directions

- ☐ In a saucepan, combine the sugar, flour, and salt.
- ☐ Add milk in gradually while stirring gently. Cook over medium heat, stirring constantly, until the mixture is bubbly. Keep stirring and cook for about 2 more minutes, and then remove from the burner.
- ☐ Stir a small quantity of the hot mixture into the beaten egg yolks, and immediately add egg yolk mixture to the rest of the hot mixture. Cook for 2 more minutes; remember to keep stirring.
- ☐ Remove the mixture from the stove, and add butter and vanilla. Stir until the whole thing has a smooth consistency.
- ☐ Slice bananas into the cooled baked pastry shell. Top with pudding mixture.
- ☐ Bake at 350 degrees F (175 degrees C) for 12 to 15 minutes. Chill for an hour.

Nutrition Facts



Properties

Glycemic Index:35.98, Glycemic Load:23.58, Inflammation Score:-4, Nutrition Score:8.3299999548041%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 343.14kcal (17.16%), Fat: 13.4g (20.62%), Saturated Fat: 5.69g (35.58%), Carbohydrates: 51.43g (17.14%), Net Carbohydrates: 49.13g (17.87%), Sugar: 28.98g (32.2%), Cholesterol: 87.75mg (29.25%), Sodium: 224.78mg (9.77%), Alcohol: 0.22g (100%), Alcohol %: 0.15% (100%), Protein: 5.83g (11.65%), Manganese: 0.31mg (15.69%), Vitamin B6: 0.29mg (14.62%), Vitamin B2: 0.24mg (13.91%), Selenium: 8.87µg (12.67%), Phosphorus: 125.42mg (12.54%), Folate: 48.79µg (12.2%), Vitamin B1: 0.17mg (11.61%), Potassium: 342.06mg (9.77%), Calcium: 93.36mg (9.34%), Fiber: 2.3g (9.2%), Vitamin B12: 0.47µg (7.78%), Vitamin B5: 0.75mg (7.55%), Vitamin B3: 1.44mg (7.22%), Magnesium: 28.63mg (7.16%), Vitamin D: 1.04µg (6.9%), Iron: 1.24mg (6.89%), Vitamin A: 321.63IU (6.43%), Vitamin C: 5.13mg (6.22%), Zinc: 0.65mg (4.32%), Copper: 0.08mg (3.99%), Vitamin E: 0.46mg (3.09%), Vitamin K: 2.61µg (2.49%)