



WHATSheATE

Banana Cream Pie Made Easy

READY IN



85 min.

SERVINGS



8

CALORIES



1260 kcal

Ingredients

- ☐ 3 bananas sliced
- ☐ 1 cup heavy cream
- ☐ 0.5 cup ice cubes crushed
- ☐ 3.5 ounce jello banana pudding mix instant
- ☐ 3.4 ounce vanilla pudding mix instant
- ☐ 9 inch pie shell

Equipment

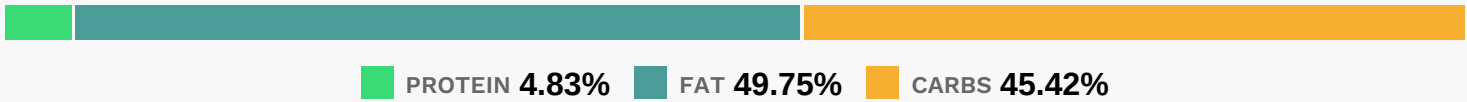
- ☐ bowl
- ☐ hand mixer

☐ pastry bag

Directions

- ☐ Using an electric mixer, whip 3 cups heavy cream on low speed until it starts to thicken.
- ☐ Add crushed ice and continue to whip another 4 minutes. Increase speed and add vanilla and banana pudding mixes, whipping until pudding mixes are blended fully with the cream and the mixture thickens. Increase speed to high and beat until mixture is stiff.
- ☐ Line the bottom and half way up the sides of pie crust with banana slices. Cover bananas with half of the banana cream mixture and top completely with banana slices. Top with the remaining banana cream mixture.
- ☐ In a small bowl, whip 1 cup cream until stiff peaks form. Using a pastry bag, pipe cream onto top of pie, covering completely. Refrigerate 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:6.85, Glycemic Load:4.9, Inflammation Score:-6, Nutrition Score:18.639130366885%

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: 1259.97kcal (63%), Fat: 69.67g (107.18%), Saturated Fat: 25.27g (157.95%), Carbohydrates: 143.09g (47.7%), Net Carbohydrates: 136.24g (49.54%), Sugar: 25.32g (28.14%), Cholesterol: 33.62mg (11.21%), Sodium: 1191.89mg (51.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.45%), Manganese: 1.12mg (55.82%), Vitamin B1: 0.64mg (42.57%), Folate: 167.54µg (41.88%), Iron: 6.02mg (33.44%), Vitamin B3: 6.39mg (31.94%), Phosphorus: 288.95mg (28.9%), Vitamin B2: 0.47mg (27.8%), Fiber: 6.85g (27.39%), Selenium: 14.37µg (20.53%), Vitamin K: 17.6µg (16.76%), Vitamin B6: 0.29mg (14.27%), Magnesium: 48.18mg (12.04%), Potassium: 409.2mg (11.69%), Vitamin B5: 1.14mg (11.36%), Copper: 0.21mg (10.7%), Vitamin A: 467.89IU (9.36%), Vitamin E: 1.35mg (9.02%), Zinc: 1.16mg (7.73%), Calcium: 66.39mg (6.64%), Vitamin C: 4.03mg (4.88%), Vitamin D: 0.48µg (3.17%)