



Banana Cream Pie with Chocolate Lining

READY IN



45 min.

SERVINGS



10

CALORIES



391 kcal

DESSERT

Ingredients

- ☐ 4 bananas
- ☐ 2 ounce bittersweet chocolate
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup butter melted
- ☐ 2 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 cups graham cracker crumbs
- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons juice of lemon

- ☐ 3 cups milk low-fat
- ☐ 2 tablespoons irish whiskey
- ☐ 0.8 cup sugar white

Equipment

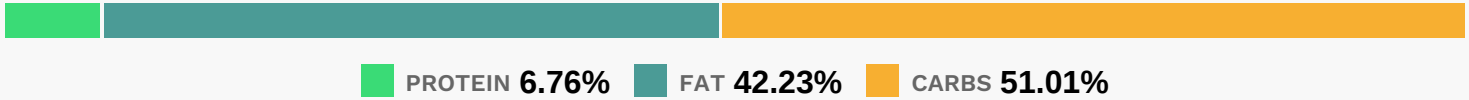
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Combine the graham-cracker crumbs with the butter and brown sugar in a medium bowl, and stir well.
- ☐ Transfer the mixture to a 10 inch pie plate, and pat it evenly along the bottom and sides.
- ☐ Bake the crust for 7 to 9 minutes, or until edges darken slightly.
- ☐ Let the crust cool.
- ☐ Melt the chocolate with the 2 tablespoons cream over simmering water in the top of a double broiler or in a heat proof bowl set on top of a saucepan.
- ☐ Whisk the chocolate and cream until they form a smooth liquid. Take the pan off the heat, and spoon the chocolate mixture onto the graham-cracker crust.
- ☐ Let the chocolate cool for at least 15 minutes.
- ☐ Meanwhile, make the filling.
- ☐ Heat the milk in a heavy bottomed saucepan. When the milk is just about to boil, take the pan off of the heat.
- ☐ In a medium bowl, whisk together the sugar, eggs, and flour. Slowly add the hot milk to the bowl, whisking constantly. Then transfer the mixture to the saucepan.

- ☐
- Whisking constantly, bring the mixture to a boil over medium heat, and continue whisking while it boils for 3 minutes. Take the pan off the heat, and add the 2 tablespoons whiskey.
- ☐
- Let the filling cool for 20 minutes.
- ☐
- Slice the bananas, and toss them with the lemon juice.
- ☐
- Lay the banana slices on the chocolate lined crust.
- ☐
- Pour the filling over and chill the pie for at least 2 hours.
- ☐
- Whip one cup cream to stiff peaks, add 2 tablespoons whiskey and serve with pie.

Nutrition Facts



Properties

Glycemic Index:33.89, Glycemic Load:25.93, Inflammation Score:-6, Nutrition Score:9.2195652205011%

Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg 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: 390.68kcal (19.53%), Fat: 18.41g (28.32%), Saturated Fat: 10.58g (66.11%), Carbohydrates: 50.03g (16.68%), Net Carbohydrates: 47.74g (17.36%), Sugar: 32.37g (35.97%), Cholesterol: 75.71mg (25.24%), Sodium: 168.07mg (7.31%), Alcohol: 1.08g (100%), Alcohol %: 0.67% (100%), Caffeine: 4.88mg (1.63%), Protein: 6.63g (13.25%), Vitamin B2: 0.29mg (16.92%), Phosphorus: 163.27mg (16.33%), Vitamin A: 711.19IU (14.22%), Calcium: 130.29mg (13.03%), Vitamin B6: 0.26mg (12.94%), Manganese: 0.25mg (12.64%), Selenium: 8.15µg (11.64%), Potassium: 385.41mg (11.01%), Magnesium: 43.26mg (10.81%), Vitamin B1: 0.14mg (9.61%), Vitamin B12: 0.57µg (9.47%), Fiber: 2.29g (9.15%), Vitamin D: 1.34µg (8.9%), Folate: 33.97µg (8.49%), Iron: 1.5mg (8.32%), Vitamin B5: 0.67mg (6.67%), Copper: 0.13mg (6.65%), Zinc: 0.99mg (6.63%), Vitamin B3: 1.32mg (6.59%), Vitamin C: 5.41mg (6.56%), Vitamin E: 0.55mg (3.64%), Vitamin K: 1.92µg (1.83%)