



Banana Cream Pudding Pie

READY IN



220 min.

SERVINGS



8

CALORIES



447 kcal

DESSERT

Ingredients

- ☐ 2 medium banana sliced
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 3 egg yolk slightly beaten
- ☐ 3 cups milk
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 2 teaspoons vanilla

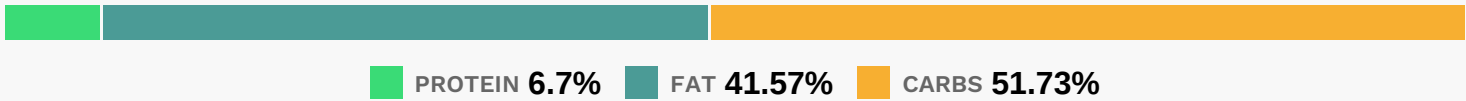
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Make pie crust as directed on box for One-Crust
- ☐ Baked Shell using 9-inch glass pie plate.
- ☐ Bake 9 to 11 minutes or until lightly browned. Cool completely, about 30 minutes.
- ☐ Meanwhile, in 2-quart saucepan, mix sugar, cornstarch and salt. Stir in milk until smooth. Cook over medium heat, stirring constantly, until mixture boils and thickens; boil and stir 2 minutes.
- ☐ Remove from heat.
- ☐ Stir about 1/4 cup hot mixture into egg yolks. Gradually stir yolk mixture into hot mixture. Cook over medium heat, stirring constantly, just until mixture begins to bubble and is thickened.
- ☐ Remove from heat; stir in butter and vanilla. Cool until lukewarm, about 20 minutes.
- ☐ Arrange banana slices in cooled baked shell.
- ☐ Pour cooled pudding over bananas. Refrigerate until set, at least 3 hours. Top with whipped cream. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.36, Glycemic Load:17.98, Inflammation Score:-4, Nutrition Score:9.0426086964815%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 446.86kcal (22.34%), Fat: 20.73g (31.89%), Saturated Fat: 7.04g (44.03%), Carbohydrates: 58.04g (19.35%), Net Carbohydrates: 55.98g (20.36%), Sugar: 26.88g (29.86%), Cholesterol: 83.88mg (27.96%), Sodium: 349.12mg (15.18%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Protein: 7.52g (15.04%), Phosphorus: 162.62mg (16.26%), Vitamin B2: 0.27mg (16.13%), Manganese: 0.31mg (15.67%), Vitamin B1: 0.21mg (14.02%), Calcium: 133.7mg (13.37%), Selenium: 8.89µg (12.7%), Folate: 50.79µg (12.7%), Vitamin B6: 0.21mg (10.66%), Vitamin B12: 0.63µg (10.49%), Vitamin D: 1.37µg (9.14%), Iron: 1.59mg (8.84%), Potassium: 302.18mg (8.63%), Vitamin B5: 0.85mg (8.47%), Vitamin B3: 1.65mg (8.24%), Fiber: 2.05g (8.21%), Vitamin A: 390.14IU (7.8%), Magnesium: 27.13mg (6.78%), Zinc: 0.81mg (5.37%), Vitamin E: 0.59mg (3.92%), Vitamin K: 4.12µg (3.92%), Copper: 0.07mg (3.54%), Vitamin C: 2.57mg (3.12%)