

 food
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Banana-Dana Cream Pie

READY IN



32 min.

SERVINGS



8

CALORIES



1359 kcal

DESSERT

Ingredients

- 1 tablespoon banana extract
- 3 bananas sliced
- 0.3 cup cornstarch
- 3 egg yolks
- 1 cup heavy cream cold
- 1 large marshmallow
- 2.5 cups milk
- 9 inch pie shell thawed
- 2 tablespoons powdered sugar

- 0.3 teaspoon salt
- 0.8 cup sugar
- 2 tablespoons butter unsalted cut in small pieces

Equipment

- frying pan
- sauce pan
- whisk
- mixing bowl
- wooden spoon
- microwave
- spatula

Directions

- Combine the sugar and cornstarch in a 3-quart saucepan and place over medium heat. Gradually stir in the milk and cook until mixture thickens, about 7 to 8 minutes. Be careful not to cook for too long. Cornstarch loses its thickening ability if it is cooked for too long.
- Remove pan from heat and whisk in the extract, salt and egg yolks until smooth.
- Place the pan back over heat, bring back to a simmer and stirring constantly with a wooden spoon, cook for 1 more minute. Be sure wooden spoon touches the bottom of the pan when stirring.
- Remove from heat; stir in butter.
- Slice 2 bananas and line the bottom of the prebaked pie shell with 1/2 the slices. Spoon 1/2 the filling on top, smooth with a spatula.
- Lay down another layer of banana slices, followed by remaining filling. Chill for at least 3 hours. Top with Chantilly Cream, then decorate with remaining banana, sliced.
- Serve immediately.
- Chill a mixing bowl and wire whisk in the freezer for 10 minutes before beginning. Beat heavy cream in the chilled bowl until it begins to foam and thicken up.
- Add the powdered sugar and continue to beat until the cream barely mounds. Do not overwhip.

- Cut the marshmallow in half and microwave for 10 seconds until soft and almost melted. Now, whip it into the cream to form soft peaks. Aside from adding a hint of vanilla flavor, the gelatin in the marshmallow will stabilize the cream. Refrigerate, covered, until ready to use.

Nutrition Facts

PROTEIN 5.53% **FAT 50.67%** **CARBS 43.8%**

Properties

Glycemic Index:27.92, Glycemic Load:19.77, Inflammation Score:-7, Nutrition Score:22.037826081981%

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: 1359.35kcal (67.97%), Fat: 76.67g (117.96%), Saturated Fat: 29.11g (181.95%), Carbohydrates: 149.17g (49.72%), Net Carbohydrates: 142.35g (51.77%), Sugar: 31.15g (34.61%), Cholesterol: 123.19mg (41.06%), Sodium: 1035.28mg (45.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.82g (37.63%), Manganese: 1.12mg (56.22%), Vitamin B1: 0.69mg (46.21%), Folate: 177.51µg (44.38%), Vitamin B2: 0.62mg (36.28%), Iron: 6.21mg (34.51%), Vitamin B3: 6.47mg (32.36%), Phosphorus: 293.76mg (29.38%), Selenium: 19.68µg (28.11%), Fiber: 6.81g (27.25%), Vitamin B6: 0.36mg (17.78%), Vitamin K: 18.12µg (17.26%), Calcium: 168.29mg (16.83%), Vitamin B5: 1.63mg (16.25%), Vitamin A: 776.22IU (15.52%), Potassium: 528.09mg (15.09%), Magnesium: 57.48mg (14.37%), Vitamin D: 1.73µg (11.55%), Vitamin E: 1.65mg (10.98%), Copper: 0.22mg (10.87%), Zinc: 1.63mg (10.84%), Vitamin B12: 0.6µg (9.95%), Vitamin C: 4.03mg (4.88%)