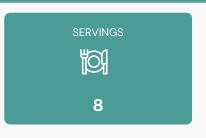


# **Banana-Dana Cream Pie**





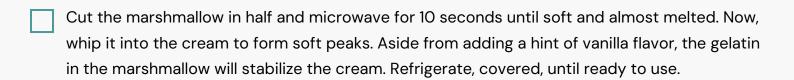


DESSERT

## Ingredients

1 tablespoon banana extract
3 banana sliced
0.3 cup cornstarch
3 egg yolk
1 cup cup heavy whipping cream cold
1 large marshmallows
2.5 cups milk
9 inch pie crust dough thawed
2 tablespoons powdered sugar

	0.3 teaspoon salt	
	0.8 cup sugar	
	2 tablespoons butter unsalted cut in small pieces	
Eq	uipment	
	frying pan	
	sauce pan	
	whisk	
	mixing bowl	
	wooden spoon	
	microwave	
	spatula	
Diı	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.	



### **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, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Catechin: 0.03mg, Ca

#### 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 %: O% (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%)