

Banana-Dulce de Leche Pie (Banana-Caramel Pie)

 Vegetarian

READY IN



260 min.

SERVINGS



8

CALORIES



519 kcal

DESSERT

Ingredients

- 4 banana
- 0.5 cup butter melted
- 2 tablespoons powdered sugar
- 1 cup graham cracker crumbs
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract
- 1.5 cups whipping cream

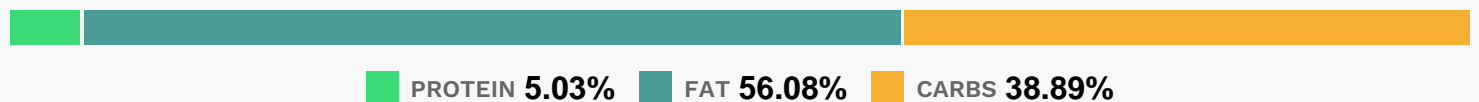
Equipment

- sauce pan
- oven
- mixing bowl
- wire rack

Directions

- To make dulce de leche, place the unopened can of sweetened condensed milk in a saucepan, and add enough water to cover half-way up the can.
- Place the saucepan over medium-high heat and bring to a boil. Cook for 3 hours, adding more water as necessary.
- Remove from heat and cool.
- Preheat oven to 350 degrees F (175 degrees C).
- Combine the graham cracker crumbs with the butter in a mixing bowl until evenly blended. Press the crumb mixture evenly into a 9 inch pie plate.
- Bake pie crust in preheated oven until lightly browned, 10-15 minutes.
- Remove from oven, and cool on a wire rack.
- Open the can of dulce de leche, and pour half, or about 3/4 cup, over the pie crust. Slice the bananas and arrange half in a layer over the dulce de leche filling.
- Pour the remaining dulce de leche over the bananas. Top with remaining banana slices.
- Pour the whipping cream into a mixing bowl, and beat until soft peaks form.
- Add the sugar and vanilla extract; continue beating until stiff peaks form. Spoon the whipped cream over the bananas. Chill at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:29.97, Glycemic Load:28.65, Inflammation Score:-7, Nutrition Score:9.2408695842909%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg 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: 518.95kcal (25.95%), Fat: 33.18g (51.04%), Saturated Fat: 20.51g (128.19%), Carbohydrates: 51.78g (17.26%), Net Carbohydrates: 49.89g (18.14%), Sugar: 39.93g (44.37%), Cholesterol: 97.8mg (32.6%), Sodium: 236.15mg (10.27%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 6.69g (13.38%), Vitamin A: 1180.76IU (23.62%), Vitamin B2: 0.36mg (21.43%), Phosphorus: 189.02mg (18.9%), Calcium: 185.07mg (18.51%), Selenium: 9.43µg (13.46%), Vitamin B6: 0.27mg (13.43%), Potassium: 460.44mg (13.16%), Magnesium: 38.49mg (9.62%), Manganese: 0.16mg (8.2%), Vitamin C: 6.69mg (8.11%), Fiber: 1.89g (7.56%), Vitamin B5: 0.7mg (6.99%), Vitamin B1: 0.1mg (6.44%), Folate: 24.3µg (6.07%), Zinc: 0.88mg (5.86%), Vitamin E: 0.88mg (5.85%), Vitamin D: 0.81µg (5.42%), Vitamin B12: 0.31µg (5.23%), Vitamin B3: 0.93mg (4.65%), Iron: 0.73mg (4.06%), Copper: 0.06mg (3.1%), Vitamin K: 3.01µg (2.87%)