



Banana Pie Spectacular

READY IN



45 min.

SERVINGS



8

CALORIES



353 kcal

DESSERT

Ingredients

- 2 large bananas peeled cut into 1/4-inch slices
- 0.3 cup shreds coconut toasted
- 0.5 cup cornstarch
- 3 egg yolks beaten
- 1.5 teaspoons juice of lemon
- 2 tablespoons butter
- 0.1 teaspoon nutmeg freshly grated
- 2 tablespoons powdered sugar sifted
- 1 baked 9-inch pastry shell

- 0.1 teaspoon salt
- 0.7 cup sugar
- 1 teaspoon vanilla extract
- 0.8 cup whipping cream
- 3 cups milk whole

Equipment

- bowl
- sauce pan
- plastic wrap

Directions

- Combine first 3 ingredients in a heavy saucepan. Gradually add milk, stirring well. Bring to a boil over medium heat, stirring constantly.
- Stir one-fourth of hot mixture into egg yolks; add to remaining hot mixture, stirring constantly. Cook 2 minutes or until thick.
- Remove from heat, and transfer to a bowl; stir in margarine, vanilla, and nutmeg. Cool completely.
- Sprinkle banana slices with lemon juice; stir into egg mixture. Spoon mixture into baked pastry shell. Cover with plastic wrap; chill thoroughly.
- Beat whipping cream until foamy; gradually add powdered sugar, beating until soft peaks form.
- Spread whipped cream over chilled banana filling. Top with coconut.

Nutrition Facts



PROTEIN 6.27% **FAT 47.09%** **CARBS 46.64%**

Properties

Glycemic Index:37.36, Glycemic Load:18.48, Inflammation Score:-5, Nutrition Score:7.6565217764481%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 353.38kcal (17.67%), Fat: 18.85g (29%), Saturated Fat: 9.42g (58.87%), Carbohydrates: 42g (14%), Net Carbohydrates: 40.72g (14.81%), Sugar: 28.12g (31.25%), Cholesterol: 109.09mg (36.36%), Sodium: 129.83mg (5.64%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 5.65g (11.3%), Vitamin B2: 0.25mg (14.78%), Phosphorus: 147.53mg (14.75%), Vitamin A: 720.66IU (14.41%), Calcium: 140.2mg (14.02%), Selenium: 8.54µg (12.2%), Vitamin D: 1.73µg (11.52%), Vitamin B12: 0.66µg (11.08%), Vitamin B6: 0.22mg (10.78%), Potassium: 303.91mg (8.68%), Manganese: 0.17mg (8.64%), Vitamin B5: 0.73mg (7.25%), Vitamin B1: 0.1mg (6.93%), Magnesium: 24.32mg (6.08%), Folate: 23.03µg (5.76%), Fiber: 1.28g (5.11%), Zinc: 0.7mg (4.68%), Vitamin C: 3.55mg (4.3%), Vitamin E: 0.61mg (4.05%), Iron: 0.56mg (3.09%), Vitamin B3: 0.6mg (3%), Copper: 0.06mg (2.94%), Vitamin K: 2.16µg (2.05%)