



Banana Pudding Pie

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



536 kcal

DESSERT

Ingredients

- 1 tablespoon powdered sugar
- 5 tablespoons cornstarch
- 6 large egg yolk
- 0.7 cup cup heavy whipping cream
- 1 cup cup heavy whipping cream
- 60 vanilla wafers
- 3 large banana
- 1 pinch salt

- 0.3 cup sugar
- 0.5 cup sugar
- 0.3 cup butter unsalted melted
- 1 tablespoon butter unsalted
- 1 tablespoon vanilla extract
- 1.5 cups milk whole

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- plastic wrap
- stove

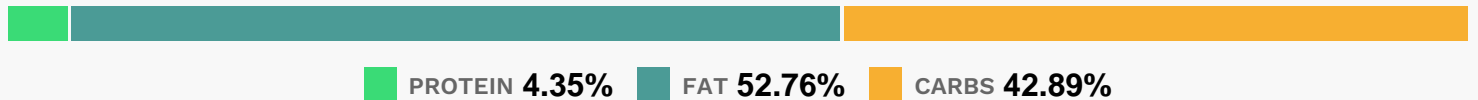
Directions

- Make crust: Preheat oven to 350F. Mist a 9-inch pie plate with cooking spray. Pulse Nilla wafers and sugar in a food processor until ground and combined.
- Add butter; pulse until crumbly and evenly moistened. Press into pie plate.
- Bake until edges are golden, about 10 minutes.
- Let cool completely on a wire rack.
- Combine milk, cream and 1/2 cup sugar in a heavy-bottom saucepan. Set over medium-high heat and bring just to a gentle boil, stirring to dissolve sugar. In a medium bowl, whisk cornstarch, salt and remaining 2 Tbsp. sugar; add egg yolks and whisk until smooth. When milk mixture just begins to boil, remove from heat and slowly drizzle about 1 cup into egg yolk mixture, whisking vigorously. Stir that back into pan and return to stove. Lower heat to medium and cook, stirring constantly, until custard thickens and comes to a boil. Boil gently

for 1 minute, then remove from heat and stir in butter and vanilla until melted and smooth.

- Cut 2 bananas into 1/4-inch-thick slices and spread over bottom of crust. Mash remaining banana with a fork and stir into custard. Spoon custard into crust and smooth top. Cover with plastic wrap, gently pressing wrap directly onto custard surface to keep a skin from forming. Refrigerate until completely cool and custard has firmed, at least 3 hours.
- Just before serving, whip cream and confectioners' sugar until soft peaks form.
- Remove plastic wrap and spread whipped cream over top of pie.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:35.51, Inflammation Score:-6, Nutrition Score:8.2930434683095%

Flavonoids

Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 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: 536.44kcal (26.82%), Fat: 31.92g (49.1%), Saturated Fat: 17.48g (109.26%), Carbohydrates: 58.38g (19.46%), Net Carbohydrates: 56.78g (20.65%), Sugar: 35.25g (39.17%), Cholesterol: 179.01mg (59.67%), Sodium: 180.15mg (7.83%), Alcohol: 0.45g (100%), Alcohol %: 0.29% (100%), Protein: 5.92g (11.84%), Vitamin A: 1039.67IU (20.79%), Vitamin B2: 0.3mg (17.58%), Folate: 56.59µg (14.15%), Vitamin B1: 0.21mg (14.05%), Phosphorus: 126.6mg (12.66%), Selenium: 8.3µg (11.86%), Vitamin D: 1.72µg (11.48%), Vitamin B6: 0.22mg (11.11%), Calcium: 88.93mg (8.89%), Potassium: 284.52mg (8.13%), Vitamin B12: 0.48µg (7.92%), Vitamin B5: 0.69mg (6.89%), Vitamin B3: 1.28mg (6.41%), Fiber: 1.6g (6.4%), Manganese: 0.12mg (6.19%), Vitamin E: 0.9mg (5.97%), Magnesium: 19.15mg (4.79%), Vitamin C: 3.79mg (4.59%), Zinc: 0.55mg (3.7%), Iron: 0.45mg (2.52%), Copper: 0.05mg (2.49%), Vitamin K: 2.28µg (2.17%)