



Banana Pudding Pie

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



384 kcal

DESSERT

Ingredients

- ☐ 2 large bananas sliced
- ☐ 0.5 cup butter melted
- ☐ 4 egg whites
- ☐ 0.5 cup sugar
- ☐ 12 oz vanilla wafers divided

Equipment

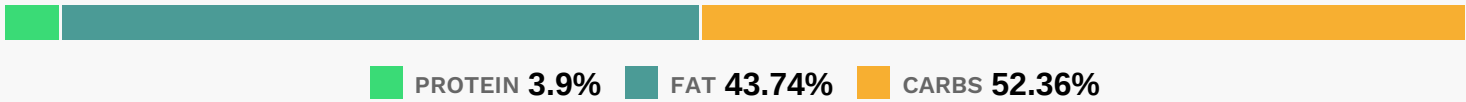
- ☐ food processor
- ☐ oven

- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Set aside 30 vanilla wafers; pulse remaining vanilla wafers in a food processor 8 to 10 times or until coarsely crushed. (Yield should be about 2 1/2 cups.) Stir together crushed vanilla wafers and butter until blended. Firmly press on bottom, up sides, and onto lip of a 9-inch pieplate.
- ☐ Bake at 350 for 10 to 12 minutes or until lightly browned.
- ☐ Remove to a wire rack, and let cool 30 minutes or until completely cool.
- ☐ Arrange banana slices evenly over bottom of crust. Prepare Vanilla Cream Filling, and spread half of hot filling over bananas; top with 20 vanilla wafers.
- ☐ Spread remaining hot filling over vanilla wafers. (Filling will be about 1/4 inch higher than top edge of crust.)
- ☐ Beat egg whites at high speed with an electric mixer until foamy.
- ☐ Add sugar, 1 Tbsp. at a time, beating until stiff peaks form and sugar dissolves.
- ☐ Spread meringue evenly over hot filling, sealing the edges.
- ☐ Bake at 350 for 10 to 12 minutes or until golden brown.
- ☐ Remove from oven, and let cool 1 hour on a wire rack or until completely cool. Coarsely crush remaining 10 vanilla wafers, and sprinkle evenly over top of pie. Chill 4 hours.
- ☐ Note: For testing purposes only, we used Nabisco Nilla Wafers.

Nutrition Facts



Properties

Glycemic Index:31.48, Glycemic Load:35.97, Inflammation Score:-3, Nutrition Score:4.1552174233872%

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 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: 384.37kcal (19.22%), Fat: 19.08g (29.36%), Saturated Fat: 9.75g (60.96%), Carbohydrates: 51.41g (17.14%), Net Carbohydrates: 49.93g (18.15%), Sugar: 30.18g (33.53%), Cholesterol: 30.93mg (10.31%), Sodium: 287.54mg (12.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.65%), Vitamin B1: 0.19mg (12.7%), Vitamin B2: 0.2mg (11.51%), Folate: 45.25µg (11.31%), Vitamin A: 376.31IU (7.53%), Vitamin B3: 1.35mg (6.77%), Vitamin B6: 0.13mg (6.3%), Fiber: 1.48g (5.92%), Potassium: 185.55mg (5.3%), Selenium: 3.56µg (5.08%), Manganese: 0.09mg (4.7%), Vitamin C: 2.96mg (3.59%), Phosphorus: 31mg (3.1%), Magnesium: 11.11mg (2.78%), Vitamin E: 0.36mg (2.42%), Vitamin B5: 0.16mg (1.58%), Copper: 0.03mg (1.54%), Vitamin K: 1.16µg (1.11%)