



Banana Rum Cream Pie

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



430 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 8 ounces cream cheese softened
- ☐ 1 teaspoon curry powder (preferably Madras)
- ☐ 0.5 cup brown sugar dark packed
- ☐ 4 teaspoons rum dark
- ☐ 1.3 cups graham cracker crumbs from 9 crackers ()
- ☐ 1 cup heavy cream chilled
- ☐ 1 teaspoon lemon zest fresh finely grated

- ☐ 4 firm-ripe bananas
- ☐ 5 tablespoons butter unsalted melted

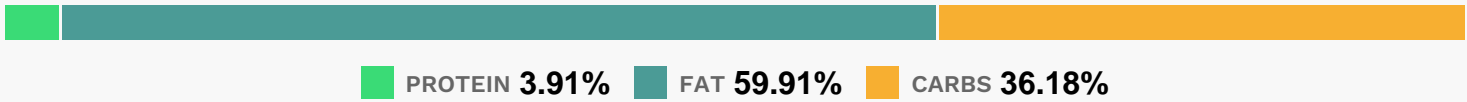
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Stir together crumbs, butter, curry powder, cinnamon, and 2 tablespoons brown sugar in a bowl with a fork until combined well. Reserve 1 tablespoon crumb mixture for garnish and press remaining crumb mixture evenly onto bottom and up side of pie plate.
- ☐ Bake crust 10 minutes, then cool completely in pie plate on a rack, about 20 minutes.
- ☐ Beat together cream cheese, zest, and remaining 6 tablespoons brown sugar in a bowl with an electric mixer at high speed until light and fluffy, about 1 minute.
- ☐ Beat cream with rum in another bowl with cleaned beaters at medium speed until it holds soft peaks. Gently stir one third of whipped cream into cream cheese mixture to lighten, then fold in remaining whipped cream gently but thoroughly.
- ☐ Thinly slice bananas and arrange evenly over bottom of crust.
- ☐ Spread all of cream filling over bananas, then sprinkle reserved crumb mixture over top. Chill pie, loosely covered, 20 minutes.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:14.03, Inflammation Score:-6, Nutrition Score:6.8373912624691%

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: 430.38kcal (21.52%), Fat: 29.13g (44.82%), Saturated Fat: 17.34g (108.38%), Carbohydrates: 39.59g (13.2%), Net Carbohydrates: 37.47g (13.63%), Sugar: 25.51g (28.35%), Cholesterol: 81.06mg (27.02%), Sodium: 189.12mg (8.22%), Alcohol: 0.83g (100%), Alcohol %: 0.68% (100%), Protein: 4.28g (8.56%), Vitamin A: 1077.26IU (21.55%), Vitamin B6: 0.27mg (13.26%), Vitamin B2: 0.2mg (11.75%), Manganese: 0.19mg (9.7%), Potassium: 325.1mg (9.29%), Phosphorus: 90.77mg (9.08%), Fiber: 2.12g (8.49%), Calcium: 76.12mg (7.61%), Magnesium: 30.43mg (7.61%), Vitamin C: 5.66mg (6.87%), Selenium: 4.22µg (6.03%), Folate: 22.4µg (5.6%), Vitamin E: 0.84mg (5.58%), Iron: 0.94mg (5.21%), Vitamin B3: 0.96mg (4.81%), Vitamin B5: 0.46mg (4.63%), Vitamin B1: 0.06mg (4.14%), Vitamin D: 0.61µg (4.05%), Zinc: 0.58mg (3.87%), Copper: 0.07mg (3.46%), Vitamin K: 2.72µg (2.59%), Vitamin B12: 0.12µg (2.08%)