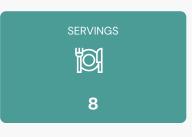


Banoconut Cream Pie





DESSERT



Ingredients

3 medium banana ripe

14 ounce coconut milk canned

3 tablespoons cornstarch

4 large egg yolk

0.5 cup granulated sugar

1 cup cup heavy whipping cream chilled

0.3 teaspoon kosher salt

3 tablespoons powdered sugar

	0.8 cup coconut sweetened flaked toasted
	1 teaspoon vanilla extract
	0.8 cup milk whole
Equipment	
	bowl
	sauce pan
	baking paper
	oven
	whisk
	mixing bowl
	pot
	kitchen thermometer
	spatula
Directions	
	Heat the oven to 350°F and arrange a rack in the lower third. Lightly flour a work surface and
	roll the dough into a round approximately 12 inches in diameter and 1/4 inch thick. Line a 9-inch pie plate with the dough and fold the excess under itself, crimping the edges to seal. Pierce the base of the crust with a fork several times, line with a piece of parchment paper, and fill with pie weights or dried beans.
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	inch pie plate with the dough and fold the excess under itself, crimping the edges to seal. Pierce the base of the crust with a fork several times, line with a piece of parchment paper, and fill with pie weights or dried beans. Bake until the dough starts to set, about 20 minutes. Remove the pie weights and parchment paper and continue to bake until the dough is dry

Remove from heat and stir in vanilla.
Pour hot custard into pie crust and let cool to room temperature, about 15 minutes. Once cool, cover and refrigerate until firm and chilled, at least 30 minutes or up to 12 hours. For the topping: When ready to serve, combine cream and powdered sugar in a chilled mixing bowl and whip until medium peaks form.
Spread evenly over the surface of the pie and sprinkle toasted coconut over cream.
Serve immediately or chill up to 8 hours.
Nutrition Facts
PROTEIN 4 59% FAT 59 81% CARBS 35 6%

Properties

Glycemic Index:20.36, Glycemic Load:14.03, Inflammation Score:-5, Nutrition Score:9.0586957102237%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Quercetin: 0.03mg, Quercetin:

Nutrients (% of daily need)

Calories: 404.74kcal (20.24%), Fat: 27.95g (43%), Saturated Fat: 20.7g (129.38%), Carbohydrates: 37.43g (12.48%), Net Carbohydrates: 34.37g (12.5%), Sugar: 27.48g (30.53%), Cholesterol: 128.16mg (42.72%), Sodium: 124.57mg (5.42%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 4.82g (9.65%), Manganese: 0.66mg (32.99%), Selenium: 11.07µg (15.81%), Phosphorus: 141.24mg (14.12%), Vitamin A: 625.27IU (12.51%), Fiber: 3.06g (12.23%), Vitamin B6: 0.24mg (11.77%), Potassium: 390.66mg (11.16%), Copper: 0.2mg (10.15%), Vitamin B2: 0.17mg (9.96%), Magnesium: 39.77mg (9.94%), Vitamin D: 1.19µg (7.91%), Folate: 30.63µg (7.66%), Iron: 1.33mg (7.41%), Calcium: 70.08mg (7.01%), Vitamin B5: 0.67mg (6.65%), Vitamin C: 5.42mg (6.57%), Vitamin B12: 0.34µg (5.61%), Zinc: 0.82mg (5.47%), Vitamin E: 0.62mg (4.15%), Vitamin B1: 0.06mg (4.11%), Vitamin B3: 0.77mg (3.87%), Vitamin K: 1.35µg (1.29%)