



Banoffee Pie



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



442 kcal

DESSERT

Ingredients



3 large banana



1.5 cups cup heavy whipping cream chilled



1 tablespoon brown sugar light packed



21 ounces condensed milk sweetened canned

Equipment



bowl



frying pan



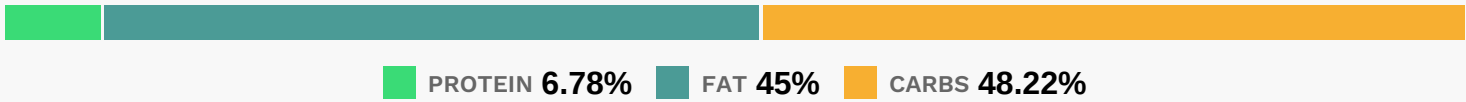
oven

- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Pour condensed milk into pie plate and stir in a generous pinch of salt. Cover pie plate with foil and crimp foil tightly around rim. Put in a roasting pan, then add enough boiling-hot water to reach halfway up side of pie plate, making sure that foil is above water.
- ☐ Bake, refilling pan to halfway with water about every 40 minutes, until milk is thick and a deep golden caramel color, about 2 hours.
- ☐ Remove pie plate from water bath and transfer toffee to a bowl, then chill toffee, uncovered, until it is cold, about 1 hour.
- ☐ While toffee is chilling, clean pie plate and bake piecrust in it according to package instructions. Cool piecrust completely in pan on a rack, about 20 minutes.
- ☐ Spread toffee evenly in crust, and chill, uncovered, 15 minutes.
- ☐ Cut bananas into 1/4-inch-thick slices and pile over toffee.
- ☐ Beat cream with brown sugar in a clean bowl with an electric mixer until it just holds soft peaks, then mound over top of pie.
- ☐ • Toffee can be chilled up to 2 days (cover after 1 hour).• Toffee-filled crust can be chilled up to 3 hours.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:30.34, Inflammation Score:-6, Nutrition Score:9.375217370365%

Flavonoids

Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg 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:

0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 441.7kcal (22.08%), Fat: 22.75g (35%), Saturated Fat: 14.41g (90.04%), Carbohydrates: 54.85g (18.28%), Net Carbohydrates: 53.52g (19.46%), Sugar: 49.46g (54.96%), Cholesterol: 75.73mg (25.24%), Sodium: 107.49mg (4.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.42%), Vitamin B2: 0.43mg (25.34%), Calcium: 244.59mg (24.46%), Phosphorus: 225.44mg (22.54%), Selenium: 12.88µg (18.4%), Vitamin A: 887.32IU (17.75%), Potassium: 503.06mg (14.37%), Vitamin B6: 0.24mg (12.07%), Magnesium: 36.38mg (9.09%), Vitamin B5: 0.84mg (8.44%), Vitamin C: 6.64mg (8.05%), Manganese: 0.14mg (7.18%), Vitamin B12: 0.4µg (6.65%), Vitamin B1: 0.09mg (6.11%), Zinc: 0.88mg (5.89%), Vitamin D: 0.86µg (5.75%), Fiber: 1.33g (5.3%), Folate: 20.19µg (5.05%), Vitamin E: 0.58mg (3.87%), Copper: 0.06mg (2.83%), Vitamin B3: 0.53mg (2.63%), Vitamin K: 2.13µg (2.03%), Iron: 0.33mg (1.83%)