



Black-Bottom Banana Pie

READY IN



35 min.

SERVINGS



20

CALORIES



224 kcal

DESSERT

Ingredients

- ☐ 3 bananas ripe sliced
- ☐ 20 servings milk chocolate shavings
- ☐ 1.5 cups chocolate wafers such as nabisco famous crushed (27)
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup cornstarch
- ☐ 4 large egg yolks
- ☐ 0.8 cup heavy cream
- ☐ 1 teaspoon rum extract dark
- ☐ 1 pinch salt

- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 4 teaspoons sugar
- ☐ 5 tablespoons butter unsalted melted
- ☐ 3.3 cups milk whole

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ plastic wrap

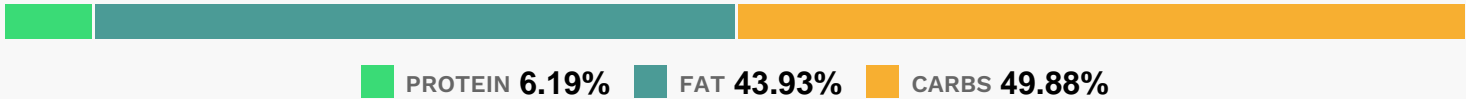
Directions

- ☐ Make crust: Preheat oven to 350F. In a medium bowl, combine all crust ingredients. Press onto bottom and up sides of a 9-inch pie plate.
- ☐ Bake for 10 minutes.
- ☐ Let cool on a wire rack.
- ☐ Place sugar, cornstarch and salt in a large saucepan and whisk to combine.
- ☐ Whisk in milk.
- ☐ Place over medium-high heat and bring to a simmer, whisking constantly. Cook, continuing to whisk well, until mixture thickens, 3 to 4 minutes.
- ☐ Place yolks in a medium bowl and beat until just combined.
- ☐ Whisking constantly, slowly drizzle in 1cup of milk mixture. Slowly add remaining milk mixture, whisking constantly.
- ☐ Whisk in rum extract.
- ☐ Pour mixture back into large saucepan and cook over medium heat, stirring constantly, until it just comes to a boil. Gently boil (reduce heat if it starts to boil vigorously) until custard is

thick enough to coat the back of a spoon, about 2 minutes.

- ☐ Pour custard through a fine-mesh sieve into a large bowl and fold in bananas.
- ☐ Pour custard mixture into cooled crust. Cover with plastic wrap, lightly pressing wrap directly onto surface of custard.
- ☐ Let cool, then refrigerate until cold, at least 1 hour.
- ☐ Make topping: In a small, chilled bowl, beat heavy cream with sugar and rum extract until soft peaks form.
- ☐ Remove plastic wrap from top of custard and spoon whipped cream over, leaving a border.
- ☐ Sprinkle with chocolate shavings, if desired. Chill pie until ready to serve.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:13.64, Inflammation Score:-3, Nutrition Score:5.0613043256428%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 223.75kcal (11.19%), Fat: 11.22g (17.26%), Saturated Fat: 5.91g (36.91%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 27.46g (9.99%), Sugar: 18.34g (20.38%), Cholesterol: 59.5mg (19.83%), Sodium: 124.89mg (5.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Manganese: 0.2mg (9.92%), Vitamin B2: 0.15mg (8.98%), Phosphorus: 89.55mg (8.95%), Vitamin A: 346.03IU (6.92%), Calcium: 67.51mg (6.75%), Selenium: 4.34µg (6.19%), Copper: 0.11mg (5.74%), Vitamin B6: 0.11mg (5.69%), Vitamin D: 0.81µg (5.43%), Magnesium: 21.66mg (5.42%), Vitamin B12: 0.32µg (5.31%), Iron: 0.94mg (5.23%), Potassium: 179.22mg (5.12%), Vitamin B1: 0.07mg (4.8%), Fiber: 1.19g (4.76%), Folate: 17.31µg (4.33%), Vitamin B5: 0.41mg (4.06%), Zinc: 0.51mg (3.43%), Vitamin B3: 0.68mg (3.42%), Vitamin E: 0.42mg (2.82%), Vitamin C: 1.6mg (1.93%), Vitamin K: 1.28µg (1.21%)