



Bourbon Caramel-Banana Cream Pie

READY IN



131 min.

SERVINGS



8

CALORIES



393 kcal

DESSERT

Ingredients

- 2 bananas
- 3 Tbsp bourbon
- 0.8 cup brown sugar packed
- 0.3 cup butter
- 0.8 cup knudsen cream sour
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 1 ready-to-use pie crust refrigerated
- 1 cup cool whip whipped topping thawed

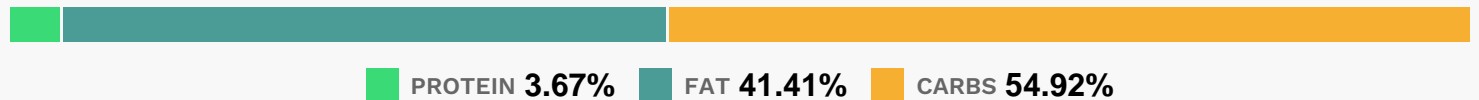
Equipment

- bowl
- sauce pan
- oven
- whisk

Directions

- Prepare and bake pie crust in 9-inch pie plate as directed on package for one-crust baked shell. Cool.
- Meanwhile, melt butter in saucepan on medium heat.
- Add sugar; cook and stir 3 min. or until melted.
- Remove from heat; stir in bourbon. Cool.
- Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in sour cream.
- Let stand 5 min.
- Slice bananas; place in crust. Top with caramel sauce, pudding mixture and COOL WHIP. Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:19.72, Glycemic Load:3.81, Inflammation Score:-3, Nutrition Score:5.1504347635352%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 393.26kcal (19.66%), Fat: 17.83g (27.42%), Saturated Fat: 9.23g (57.68%), Carbohydrates: 53.2g (17.73%), Net Carbohydrates: 51.83g (18.85%), Sugar: 37.58g (41.76%), Cholesterol: 31.82mg (10.61%), Sodium: 240.18mg (10.44%), Alcohol: 1.88g (100%), Alcohol %: 1.51% (100%), Protein: 3.56g (7.12%), Manganese: 0.19mg (9.62%),

Calcium: 90.89mg (9.09%), Vitamin B2: 0.15mg (8.74%), Phosphorus: 78.91mg (7.89%), Vitamin B6: 0.16mg (7.85%), Vitamin A: 387.05IU (7.74%), Potassium: 240.05mg (6.86%), Vitamin B1: 0.09mg (6.1%), Folate: 22.77µg (5.69%), Fiber: 1.37g (5.48%), Selenium: 3.54µg (5.05%), Magnesium: 19.62mg (4.91%), Iron: 0.81mg (4.52%), Vitamin B3: 0.86mg (4.29%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.24µg (4.01%), Vitamin C: 2.76mg (3.35%), Vitamin E: 0.44mg (2.91%), Copper: 0.06mg (2.87%), Vitamin K: 2.91µg (2.77%), Zinc: 0.36mg (2.42%), Vitamin D: 0.34µg (2.24%)