



Brazilian Whole Banana Pie

 Dairy Free

READY IN



65 min.

SERVINGS



10

CALORIES



610 kcal

DESSERT

Ingredients

- 10 banana peeled sliced lengthwise
- 1 cup brown sugar packed
- 1 tablespoon cinnamon
- 1 cup butter light
- 3 cups rolled oats
- 0.5 cup water
- 2 cups wheat germ toasted
- 2 cups flour whole wheat

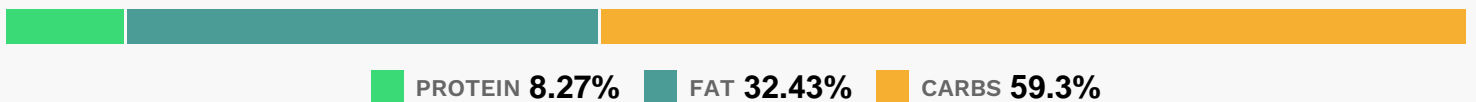
Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- toothpicks

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Sprinkle 3 tablespoons of brown sugar over the bottom of a small saucepan or skillet. Cook over medium heat until melted. Stir in water until sugar is completely dissolved.
- Heat to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.
- Pour the syrup into a round baking dish or deep dish pie plate and spread to coat the bottom.
- Make a layer of bananas on top of the melted sugar. In a medium bowl, stir together the whole wheat flour, wheat germ, oats and 1 cup of brown sugar.
- Mix in the margarine using your hands, pinching it into small pieces to make a crumbly dough.
- Sprinkle half of this over the bananas in the dish and pat down. Top with the remaining bananas and sprinkle with about half of the cinnamon.
- Spread the rest of the dough over the bananas and pat the pie smooth.
- Sprinkle remaining cinnamon over the top.
- Bake for 45 minutes in the preheated oven, until the pie topping is toasted and a toothpick inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:9.98, Glycemic Load:18.67, Inflammation Score:-8, Nutrition Score:26.073043413784%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 610.4kcal (30.52%), Fat: 23.09g (35.53%), Saturated Fat: 4.68g (29.26%), Carbohydrates: 94.99g (31.66%), Net Carbohydrates: 83.44g (30.34%), Sugar: 36.09g (40.1%), Cholesterol: 0mg (0%), Sodium: 226.77mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.51%), Manganese: 5.39mg (269.53%), Selenium: 41.55µg (59.35%), Vitamin B1: 0.7mg (46.95%), Fiber: 11.55g (46.21%), Vitamin B6: 0.87mg (43.32%), Phosphorus: 411.64mg (41.16%), Magnesium: 156.54mg (39.13%), Zinc: 4.54mg (30.24%), Folate: 107.07µg (26.77%), Copper: 0.48mg (24.18%), Potassium: 845.02mg (24.14%), Iron: 3.87mg (21.48%), Vitamin B3: 3.85mg (19.27%), Vitamin A: 892.02IU (17.84%), Vitamin B2: 0.29mg (16.88%), Vitamin B5: 1.38mg (13.81%), Vitamin C: 10.34mg (12.54%), Vitamin E: 1.11mg (7.42%), Calcium: 69.12mg (6.91%), Vitamin K: 1.78µg (1.7%)