



Butterscotch Banana Pudding Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



438 kcal

DESSERT

Ingredients

- ☐ 2 large bananas ripe sliced
- ☐ 0.5 cup butter melted
- ☐ 2.8 oz chocolate-covered toffee candy bars finely chopped
- ☐ 4 large egg whites
- ☐ 0.5 cup pecans toasted finely chopped
- ☐ 0.5 cup sugar
- ☐ 74 vanilla wafers divided (1 [11-oz.] package)

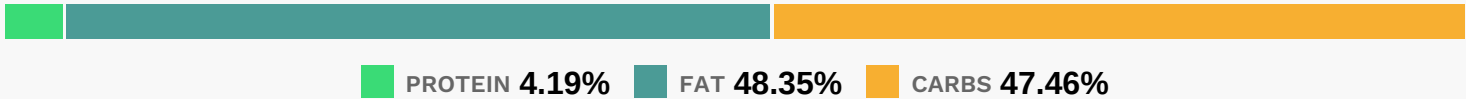
Equipment

- ☐ food processor
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Pulse 44 vanilla wafers in a food processor 8 to 10 times or until coarsely crushed. (Yield should be about 2 cups.) Stir together crushed wafers, pecans, and butter until blended. Firmly press on bottom, up sides, and onto lip of a lightly greased 9-inch pie plate.
- ☐ Bake at 350 for 10 to 12 minutes or until lightly browned.
- ☐ Transfer to a wire rack; sprinkle candy bars over crust. Cool completely (about 30 minutes).
- ☐ Arrange bananas over candy bars. Prepare Filling, and spread half of hot filling over bananas; top with 20 vanilla wafers in a single layer.
- ☐ Spread remaining hot filling over wafers. (Filling will be about 1/4 inch higher than crust.)
- ☐ Beat egg whites at high speed with an electric mixer until foamy. Gradually add sugar, 1 Tbsp. at a time, beating until stiff peaks form and sugar dissolves.
- ☐ Spread meringue over hot filling, sealing edges. Insert remaining 10 vanilla wafers halfway into meringue around outer edge of pie.
- ☐ Bake at 350 for 10 to 12 minutes or until golden brown.
- ☐ Remove from oven to a wire rack. Cool completely (about 1 hour). Chill 4 to 6 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:28.49, Glycemic Load:35.17, Inflammation Score:-4, Nutrition Score:6.586521687715%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg,

Catechin: 2.02mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 437.75kcal (21.89%), Fat: 24.02g (36.96%), Saturated Fat: 10.65g (66.53%), Carbohydrates: 53.05g (17.68%), Net Carbohydrates: 50.38g (18.32%), Sugar: 29.53g (32.81%), Cholesterol: 25.08mg (8.36%), Sodium: 275.34mg (11.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.35mg (2.12%), Protein: 4.68g (9.36%), Manganese: 0.45mg (22.63%), Vitamin B1: 0.23mg (15.43%), Vitamin B2: 0.2mg (11.67%), Folate: 46.47µg (11.62%), Copper: 0.22mg (11.23%), Fiber: 2.67g (10.68%), Magnesium: 33.11mg (8.28%), Vitamin B3: 1.5mg (7.48%), Phosphorus: 67.5mg (6.75%), Potassium: 236.16mg (6.75%), Iron: 1.16mg (6.44%), Vitamin A: 306.91IU (6.14%), Vitamin B6: 0.11mg (5.71%), Selenium: 3.81µg (5.45%), Zinc: 0.54mg (3.62%), Vitamin C: 2.42mg (2.93%), Vitamin E: 0.41mg (2.71%), Vitamin B5: 0.2mg (2.04%), Vitamin K: 1.68µg (1.6%), Calcium: 14.37mg (1.44%)