



## Creamy Coco-Nana Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

DESSERT

### Ingredients

- 2 bananas sliced
- 1 cup coconut or divided flaked toasted
- 0.3 cup cornstarch
- 0.3 teaspoon cream of tartar
- 3 eggs separated
- 8 servings pastry
- 2 cups milk
- 0.1 teaspoon salt

- 0.5 teaspoon salt
- 0.3 cup sugar
- 0.8 cup sugar
- 1.3 teaspoons vanilla extract divided

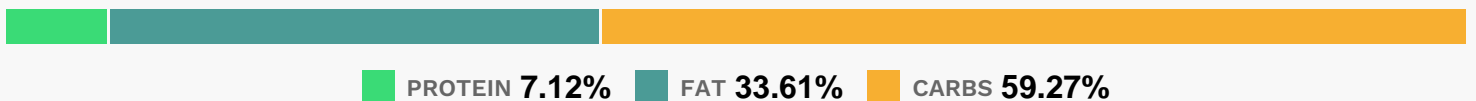
## Equipment

- sauce pan
- oven
- whisk
- hand mixer

## Directions

- Combine first 3 ingredients in a heavy saucepan.
- Whisk in milk and egg yolks until blended. Bring to a boil over medium heat. Boil, whisking constantly, 16 minutes or until thickened.
- Remove from heat; stir in 1/2 cup coconut and 1 teaspoon vanilla.
- Arrange banana slices in bottom of baked Pastry; pour custard over banana.
- Beat egg whites, cream of tartar, and 1/8 teaspoon salt at high speed with an electric mixer until foamy.
- Add 1/3 cup sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves (2 to 4 minutes). Stir in remaining 1/4 teaspoon vanilla.
- Spread meringue over hot filling, sealing to edge of Pastry.
- Bake at 325 for 20 minutes or until golden brown.
- Sprinkle with remaining 1/2 cup coconut.

## Nutrition Facts



## Properties

Glycemic Index:36.12, Glycemic Load:23.5, Inflammation Score:-2, Nutrition Score:6.848695612472%

## 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: 283.64kcal (14.18%), Fat: 10.94g (16.84%), Saturated Fat: 7.86g (49.13%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 40.87g (14.86%), Sugar: 34.49g (38.32%), Cholesterol: 68.7mg (22.9%), Sodium: 235.74mg (10.25%), Alcohol: 0.22g (100%), Alcohol %: 0.18% (100%), Protein: 5.22g (10.43%), Manganese: 0.39mg (19.43%), Selenium: 9µg (12.86%), Phosphorus: 123.82mg (12.38%), Vitamin B2: 0.2mg (11.78%), Vitamin B6: 0.21mg (10.29%), Fiber: 2.55g (10.2%), Calcium: 89.15mg (8.91%), Potassium: 295.28mg (8.44%), Vitamin B12: 0.48µg (7.94%), Magnesium: 27.19mg (6.8%), Vitamin D: 1µg (6.67%), Vitamin B5: 0.66mg (6.64%), Copper: 0.13mg (6.29%), Zinc: 0.73mg (4.88%), Iron: 0.78mg (4.34%), Vitamin A: 206.81IU (4.14%), Vitamin B1: 0.06mg (4.02%), Folate: 15.39µg (3.85%), Vitamin C: 2.73mg (3.3%), Vitamin B3: 0.38mg (1.91%), Vitamin E: 0.29mg (1.9%)