



Dulce de Leche Banana Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



582 kcal

Ingredients

- 3 medium bananas (with skin on)
- 1 cup heavy cream
- 19-inch pie crust (store-bought)
- 3 tablespoons cup heavy whipping cream (sour)
- 28 oz condensed milk (sweetened canned)

Equipment

- bowl
- oven
- wire rack

- pot
- blender

Directions

- Pour condensed milk into a large, heatproof bowl and set over a pot of simmering water to make dulce de leche. Cook, checking water level and adding water as necessary. Stir milk occasionally and cook until it is very thick and golden brown, about 2 1/2 hours.
- Bake crust according to package directions. Cool on a wire rack.
- Slice 2 bananas.
- Spread half of warm dulce de leche in crust; top with sliced bananas.
- Spread remaining dulce de leche over bananas. Chill until cold, at least 2 hours.
- Just before serving, combine heavy cream and sour cream in a bowl. Whip, using a mixer on high speed, until soft peaks form.
- Spread over pie. Slice remaining banana and use to garnish pie.
- Cut pie into wedges and serve.

Nutrition Facts

PROTEIN 7.28% **FAT 40.73%** **CARBS 51.99%**

Properties

Glycemic Index:14.47, Glycemic Load:37.82, Inflammation Score:-6, Nutrition Score:12.01652178557%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 582.2kcal (29.11%), Fat: 26.91g (41.4%), Saturated Fat: 14.83g (92.71%), Carbohydrates: 77.27g (25.76%), Net Carbohydrates: 75.5g (27.45%), Sugar: 60.4g (67.11%), Cholesterol: 70.01mg (23.34%), Sodium: 238.13mg (10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.65%), Vitamin B2: 0.55mg (32.42%), Calcium: 312.94mg (31.29%), Phosphorus: 299.45mg (29.94%), Selenium: 17.61µg (25.16%), Potassium: 584.67mg (16.7%), Vitamin A: 758.86IU (15.18%), Vitamin B1: 0.18mg (11.91%), Vitamin B6: 0.24mg (11.89%), Manganese: 0.24mg (11.84%), Magnesium: 44.03mg (11.01%), Vitamin B5: 1.08mg (10.84%), Folate: 38.72µg (9.68%), Vitamin B12: 0.49µg

(8.23%), Vitamin C: 6.65mg (8.06%), Zinc: 1.2mg (7.99%), Fiber: 1.78g (7.1%), Vitamin B3: 1.2mg (6%), Iron: 0.99mg (5.48%), Vitamin D: 0.67 μ g (4.5%), Vitamin E: 0.61mg (4.06%), Copper: 0.07mg (3.61%), Vitamin K: 3.66 μ g (3.49%)