



Dulce de Leche Banana Cream Pie



Vegetarian

READY IN



160 min.

SERVINGS



8

CALORIES



478 kcal

DESSERT

Ingredients

- ☐ 3 medium bananas sliced
- ☐ 4 ounces cream cheese at room temperature
- ☐ 1 cup dulce de leche store-bought for decorating recommended: Nestle La Lechera Dulce de Leche
- ☐ 5 ounce graham crackers 41 crackers
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons powdered sugar
- ☐ 0.5 cup roasted unsalted chopped for garnish

- ☐ 0.1 teaspoon salt
- ☐ 4 tablespoons butter unsalted at room temperature
- ☐ 8 tablespoons butter unsalted melted 1 stick

Equipment

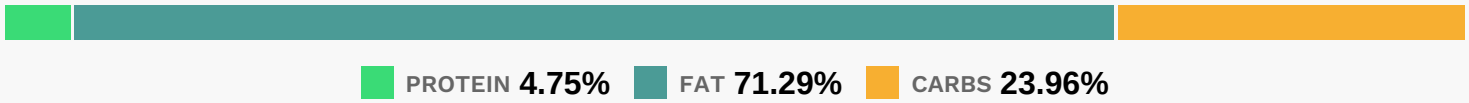
- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ stove
- ☐ microwave
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the Maria crackers in the bowl of a food processor and process until coarsely ground.
- ☐ Add the peanuts and salt to the crumb mixture and process until finely ground.
- ☐ Add the melted butter and pulse until combined.
- ☐ Transfer the crust mixture into a 9 1/2-inch diameter glass pie dish, pressing and forming the crust evenly across the bottom and up the sides. Refrigerate for 10 to 20 minutes to solidify the butter.
- ☐ For the cream filling: Using a hand-held mixer, whip the cream cheese and butter at medium speed until fluffy with minimal lumps.
- ☐ Add the powdered sugar and cinnamon, whipping at low speed until just combined and being careful not to curdle the butter.
- ☐ Add the cream and whip to soft peaks.
- ☐ Spread the dulce de leche on top of the chilled crust. Top with the sliced bananas, forming 2 layers if necessary.
- ☐ Pour the whipped cream on top and spread evenly to completely cover the banana layer. Refrigerate and chill until set, about 2 hours.

- ☐
- To serve, top the pie with a 1-inch border of the remaining chopped peanuts. Warm the remaining dulce de leche in the microwave or on the stovetop until melted.
- ☐
- Drizzle the dulce de leche on top of the pie and serve.

Nutrition Facts



Properties

Glycemic Index:25.35, Glycemic Load:14.66, Inflammation Score:-7, Nutrition Score:8.2478260734807%

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: 478.42kcal (23.92%), Fat: 39.11g (60.17%), Saturated Fat: 21.53g (134.53%), Carbohydrates: 29.57g (9.86%), Net Carbohydrates: 26.79g (9.74%), Sugar: 13.3g (14.78%), Cholesterol: 93.08mg (31.03%), Sodium: 209.03mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Vitamin A: 1182.28IU (23.65%), Manganese: 0.4mg (19.99%), Vitamin B6: 0.24mg (12.12%), Phosphorus: 116.43mg (11.64%), Vitamin B3: 2.33mg (11.63%), Fiber: 2.78g (11.14%), Vitamin B2: 0.19mg (11.12%), Magnesium: 42.72mg (10.68%), Vitamin E: 1.39mg (9.26%), Potassium: 301.84mg (8.62%), Folate: 28.98µg (7.24%), Calcium: 64.98mg (6.5%), Iron: 1.08mg (6.02%), Zinc: 0.83mg (5.56%), Vitamin D: 0.79µg (5.27%), Vitamin B1: 0.08mg (5.22%), Selenium: 3.64µg (5.2%), Vitamin C: 4.05mg (4.91%), Vitamin B5: 0.46mg (4.57%), Copper: 0.09mg (4.5%), Vitamin K: 3.1µg (2.95%), Vitamin B12: 0.11µg (1.91%)