



Dulce de Leche-Banana Pie

READY IN



65 min.

SERVINGS



8

CALORIES



358 kcal

DESSERT

Ingredients

- 3 medium banana ripe
- 13.4 oz dulce de leche canned
- 1 cup flour all-purpose gold medal®
- 0.3 cup powdered sugar
- 0.5 teaspoon salt
- 0.5 cup semi chocolate chips
- 0.3 cup shortening
- 1 teaspoon vegetable oil
- 2 tablespoons water cold

- 1 cup whipping cream

Equipment

- bowl
- oven
- blender
- hand mixer
- ziploc bags
- microwave
- rolling pin

Directions

- Heat oven to 450°F. In medium bowl, mix flour and salt.
- Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and dough almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary).
- On lightly floured surface, shape dough into a ball. Flatten ball to 1/2-inch thickness, rounding and smoothing edges. With floured rolling pin, roll dough into 11-inch round, rolling from center to edge. Fold dough in half; place in 9-inch glass pie plate. Unfold; gently press in bottom and up side of plate, being careful not to stretch dough.
- Fold and roll edge of dough under, even with plate; flute edge. Prick bottom and side of dough generously with fork.
- Bake 9 to 12 minutes or until light golden brown. Cool completely, about 30 minutes.
- Spoon contents of can of dulce de leche into center of cooled crust; gently spread to edge. Thinly slice bananas; arrange over dulce de leche.
- In medium bowl, beat whipping cream and powdered sugar with electric mixer on high speed until stiff peaks form.
- Spread over bananas.
- In small resealable freezer plastic bag, place chocolate chips and oil; seal bag. Microwave on High 30 seconds; knead bag to mix melted chips and unmelted chips. Microwave 15 to 30

seconds longer or until all chips are melted and smooth. Snip off tiny corner of bag. Pipe melted chocolate mixture over whipped cream. Store pie in refrigerator.

Nutrition Facts

PROTEIN 3.98% FAT 60.36% CARBS 35.66%

Properties

Glycemic Index:21.47, Glycemic Load:13.52, Inflammation Score:-5, Nutrition Score:7.4386956743572%

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: 357.61kcal (17.88%), Fat: 24.45g (37.62%), Saturated Fat: 11.62g (72.6%), Carbohydrates: 32.5g (10.83%), Net Carbohydrates: 30.02g (10.92%), Sugar: 14.11g (15.67%), Cholesterol: 34.29mg (11.43%), Sodium: 155.86mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 3.63g (7.26%), Manganese: 0.38mg (18.8%), Selenium: 7.6µg (10.86%), Vitamin B2: 0.17mg (10.1%), Copper: 0.2mg (10.08%), Fiber: 2.47g (9.89%), Vitamin B1: 0.15mg (9.84%), Folate: 38.63µg (9.66%), Vitamin A: 471.27IU (9.43%), Magnesium: 37.31mg (9.33%), Vitamin B6: 0.18mg (9.18%), Iron: 1.59mg (8.84%), Potassium: 267.29mg (7.64%), Phosphorus: 73.11mg (7.31%), Vitamin K: 7.61µg (7.25%), Vitamin B3: 1.33mg (6.65%), Vitamin E: 0.96mg (6.42%), Vitamin C: 4.03mg (4.88%), Vitamin B5: 0.38mg (3.84%), Zinc: 0.55mg (3.64%), Vitamin D: 0.48µg (3.17%), Calcium: 31.49mg (3.15%), Vitamin B12: 0.07µg (1.13%)