



WHATSheATE



Dulce de Leche Banana Rum Pie

READY IN



235 min.

SERVINGS



10

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 1 cup banana ripe mashed (2 medium)
- ☐ 3 tablespoons butter melted
- ☐ 4 chocolate-hazelnut pirouette cookies crushed tubular-shaped
- ☐ 3 tablespoons rum dark
- ☐ 2 eggs
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup dulce de leche
- ☐ 0.3 cup sugar
- ☐ 14 oz condensed milk sweetened canned (not evaporated)

- ☐ 1.5 cups non-dairy whipped topping frozen thawed
- ☐ 0.3 cup frangelico
- ☐ 0.3 cup frangelico

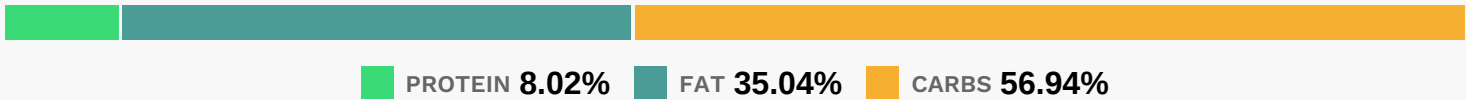
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ microwave

Directions

- ☐ Heat oven to 350F. Spray 9-inch glass pie plate with cooking spray. In small bowl, mix bananas and lemon juice; set aside.
- ☐ In medium bowl, stir Bisquick mix, sugar, butter, 2 tablespoons of the rum, the condensed milk and eggs until blended.
- ☐ Add banana mixture; stir until blended.
- ☐ Pour into pie plate.
- ☐ Bake 35 to 40 minutes or until center is set. Cool completely on cooling rack, about 1 hour. Cover; refrigerate 2 hours or until well chilled.
- ☐ Spread whipped topping over pie to within 1/2 inch of edge. In small microwavable bowl, microwave dulce de leche uncovered on High 30 to 45 seconds or until thoroughly heated; stir in remaining 1 tablespoon rum.
- ☐ Drizzle over pie.
- ☐ Garnish with cookies. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:34.24, Glycemic Load:19.97, Inflammation Score:-2, Nutrition Score:5.1552174091339%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 259.3kcal (12.96%), Fat: 9.92g (15.26%), Saturated Fat: 6.11g (38.16%), Carbohydrates: 36.27g (12.09%), Net Carbohydrates: 35.71g (12.99%), Sugar: 32.92g (36.58%), Cholesterol: 55.58mg (18.53%), Sodium: 126.1mg (5.48%), Alcohol: 1.5g (100%), Alcohol %: 1.8% (100%), Protein: 5.11g (10.21%), Vitamin B2: 0.24mg (14.23%), Phosphorus: 137.07mg (13.71%), Selenium: 9.34µg (13.35%), Calcium: 128.99mg (12.9%), Potassium: 236.76mg (6.76%), Vitamin A: 277.01IU (5.54%), Vitamin B5: 0.51mg (5.07%), Vitamin B12: 0.29µg (4.78%), Vitamin B6: 0.1mg (4.78%), Magnesium: 18.9mg (4.73%), Manganese: 0.08mg (3.99%), Zinc: 0.58mg (3.86%), Vitamin B1: 0.06mg (3.77%), Folate: 14.42µg (3.61%), Vitamin C: 2.72mg (3.3%), Iron: 0.48mg (2.66%), Copper: 0.05mg (2.44%), Vitamin E: 0.36mg (2.4%), Fiber: 0.56g (2.22%), Vitamin B3: 0.34mg (1.71%), Vitamin D: 0.26µg (1.7%), Vitamin K: 1.11µg (1.06%)