



Dulce de Leche Banana Rum Pie

READY IN



235 min.

SERVINGS



10

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 1 cup banana ripe mashed (2 medium)
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons butter melted
- ☐ 3 tablespoons rum dark
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 2 eggs
- ☐ 1.5 cups cool whip frozen thawed
- ☐ 0.5 cup dulce de leche

- ☐ 4 chocolate-hazelnut pirouette cookies crushed tubular-shaped
- ☐ 0.3 cup frangelico

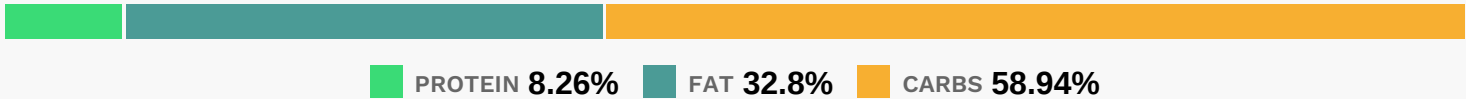
Equipment

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

Directions

- ☐ Heat oven to 350°F. 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:-3, Nutrition Score:5.5217390941537%

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: 250.86kcal (12.54%), Fat: 9.01g (13.86%), Saturated Fat: 5.16g (32.23%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 35.83g (13.03%), Sugar: 32.07g (35.63%), Cholesterol: 57.16mg (19.05%), Sodium: 126.1mg (5.48%), Alcohol: 1.5g (100%), Alcohol %: 1.8% (100%), Protein: 5.11g (10.21%), Vitamin B2: 0.3mg (17.73%), Phosphorus: 136.39mg (13.64%), Selenium: 9.41µg (13.44%), Calcium: 133.15mg (13.32%), Vitamin B12: 0.43µg (7.18%), Potassium: 237.55mg (6.79%), Vitamin A: 288.37IU (5.77%), Vitamin B6: 0.11mg (5.36%), Vitamin B5: 0.51mg (5.07%), Magnesium: 19.01mg (4.75%), Vitamin B1: 0.07mg (4.73%), Zinc: 0.6mg (4.02%), Folate: 16µg (4%), Manganese: 0.08mg (3.99%), Vitamin C: 2.72mg (3.3%), Iron: 0.47mg (2.61%), Copper: 0.05mg (2.49%), Fiber: 0.6g (2.4%), Vitamin E: 0.31mg (2.1%), Vitamin B3: 0.37mg (1.86%), Vitamin D: 0.26µg (1.7%)