



Dulce de Leche Pie

READY IN



130 min.

SERVINGS



8

CALORIES



822 kcal

DESSERT

Ingredients

- ☐ 2 large bananas
- ☐ 0.3 cup confectioners' sugar
- ☐ 2 cups graham cracker crumbs (16 crackers)
- ☐ 2 cups heavy cream
- ☐ 0.3 cup brown sugar light packed
- ☐ 2 ounces bittersweet chocolate dark
- ☐ 28 ounce condensed milk sweetened canned
- ☐ 8 tablespoons butter unsalted melted (1 stick)

Equipment

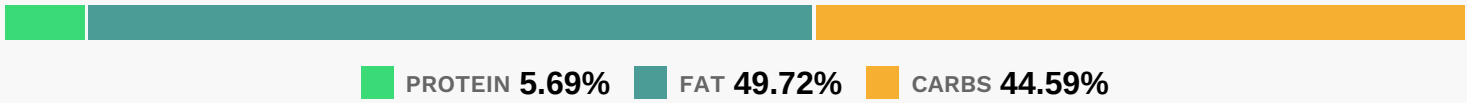
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil
- ☐ stand mixer
- ☐ pie form

Directions

- ☐ For the crust:Preheat the oven to 350 degrees F.In a medium bowl, blend together the graham cracker crumbs and brown sugar.
- ☐ Drizzle in the butter and mix with a fork until the crumbs are evenly moistened.Press the mixture evenly over the bottom and about halfway up the sides of a 9-inch pie dish.
- ☐ Bake for 6 to 8 minutes.
- ☐ Let cool completely before filling.
- ☐ For the filling:Preheat the oven to 425 degrees F.
- ☐ Pour the sweetened condensed milk into a shallow baking dish. Cover the pan snugly with aluminum foil. Set the shallow dish in a larger roasting pan and add hot water until it reaches halfway up the side of the baking dish.
- ☐ Bake until a dark caramel color,1 to 1 1/2 hours. Check occasionally to add more water to the pan as needed.The condensed milk will turn a nice brown caramel color. Carefully remove from the oven and let cool completely.
- ☐ Whisk out any lumps until smooth and fill the prepared pie crust. Slice the bananas and arrange them on top of the dulce de leche caramel.
- ☐ Using a stand mixer fitted with the whisk attachment (or in a large mixing bowl using a handheld mixer), whip the cream on medium speed until it starts to thicken.

- ☐
- Add the confectioners' sugar and beat until the cream holds nice soft peaks. Refrigerate until ready to serve.
- ☐
- Grate the chocolate on top of the whipped cream just before serving.

Nutrition Facts



Properties

Glycemic Index:23.72, Glycemic Load:48, Inflammation Score:-7, Nutrition Score:14.243043567823%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 822.24kcal (41.11%), Fat: 46.39g (71.38%), Saturated Fat: 28.25g (176.57%), Carbohydrates: 93.63g (31.21%), Net Carbohydrates: 91.47g (33.26%), Sugar: 77.64g (86.27%), Cholesterol: 131.5mg (43.83%), Sodium: 285.06mg (12.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 11.94g (23.88%), Vitamin B2: 0.61mg (35.81%), Phosphorus: 357.51mg (35.75%), Calcium: 352.85mg (35.29%), Vitamin A: 1514.74IU (30.29%), Selenium: 17.65µg (25.21%), Potassium: 636.3mg (18.18%), Magnesium: 64.91mg (16.23%), Zinc: 1.74mg (11.58%), Vitamin B6: 0.22mg (11.14%), Vitamin B1: 0.16mg (10.84%), Vitamin B5: 1.06mg (10.55%), Manganese: 0.2mg (9.87%), Iron: 1.71mg (9.48%), Vitamin B12: 0.57µg (9.47%), Vitamin D: 1.36µg (9.07%), Fiber: 2.16g (8.66%), Folate: 30.24µg (7.56%), Copper: 0.15mg (7.42%), Vitamin E: 1.11mg (7.38%), Vitamin C: 5.89mg (7.15%), Vitamin B3: 1.34mg (6.7%), Vitamin K: 4.16µg (3.96%)