



Elegant White Chocolate Banana Cream Pie

READY IN



45 min.

SERVINGS



10

CALORIES



668 kcal

DESSERT

Ingredients

- ☐ 1 fluid ounce banana liqueur
- ☐ 8 bananas ripe
- ☐ 2 tablespoons butter diced
- ☐ 1 fluid ounce chocolate liqueur white
- ☐ 0.3 cup cornstarch sifted
- ☐ 6 egg yolks beaten
- ☐ 1 juice of lemon juiced
- ☐ 2 cups milk
- ☐ 19-inch pie crust

- ☐ 2 teaspoons cocoa powder unsweetened for garnish
- ☐ 1 vanilla pod halved
- ☐ 1 pint whipping cream
- ☐ 12 ounces chocolate white
- ☐ 5 tablespoons sugar white

Equipment

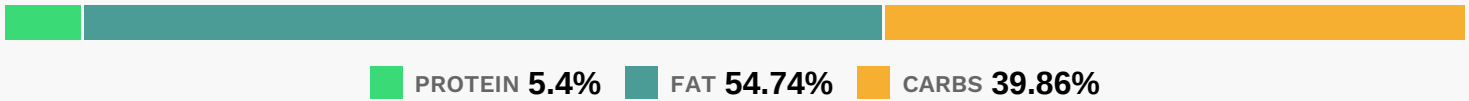
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ peeler

Directions

- ☐ To Make White Chocolate Pastry Cream: In a medium bowl, whisk together egg yolks and sugar until pale yellow.
- ☐ Whisk in cornstarch. In a medium saucepan, heat milk and vanilla bean to just below the boiling point. Slowly whisk a small amount of hot milk into egg yolk mixture, then stir egg yolk mixture back into pan. Bring to a boil over low heat, stirring constantly.
- ☐ Stir in butter, then strain mixture through a sieve.
- ☐ Place plastic wrap over the surface of mixture to keep a skin from forming. Allow to cool slightly, then stir in melted white chocolate. Chill pastry cream.
- ☐ Slice bananas and toss with the lemon juice to keep from discoloring. Set aside.
- ☐ In a large bowl, whip chilled whipping cream until stiff peaks form. Fold into pastry cream, then fold in bananas and liqueurs. Fill tart shell with banana cream filling.
- ☐ Top generously with white chocolate curls, then dust with cocoa.
- ☐ Serve soon after assembling so crust doesn't get soggy.

☐ To make white chocolate curls, carefully draw a vegetable peeler across the broad, flat surface of a room-temperature (about 80 degrees) chunk of white chocolate to make large, thin curls. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:35.29, Glycemic Load:30.77, Inflammation Score:-6, Nutrition Score:13.289565252221%

Flavonoids

Catechin: 5.89mg, Catechin: 5.89mg, Catechin: 5.89mg, Catechin: 5.89mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 668.19kcal (33.41%), Fat: 41.3g (63.54%), Saturated Fat: 23.19g (144.94%), Carbohydrates: 67.66g (22.55%), Net Carbohydrates: 64.52g (23.46%), Sugar: 44.34g (49.27%), Cholesterol: 189.75mg (63.25%), Sodium: 170.95mg (7.43%), Alcohol: 0.75g (100%), Alcohol %: 0.34% (100%), Protein: 9.18g (18.35%), Vitamin B2: 0.42mg (24.91%), Vitamin B6: 0.46mg (23.15%), Phosphorus: 221.89mg (22.19%), Vitamin A: 1072.22IU (21.44%), Calcium: 188.52mg (18.85%), Manganese: 0.36mg (18.23%), Selenium: 12.33µg (17.61%), Potassium: 600.05mg (17.14%), Folate: 53.88µg (13.47%), Vitamin B12: 0.76µg (12.69%), Fiber: 3.14g (12.56%), Vitamin B5: 1.25mg (12.54%), Vitamin D: 1.88µg (12.51%), Vitamin C: 9.84mg (11.93%), Magnesium: 43.96mg (10.99%), Vitamin B1: 0.16mg (10.96%), Vitamin E: 1.35mg (9%), Vitamin B3: 1.54mg (7.68%), Zinc: 1.09mg (7.25%), Iron: 1.25mg (6.92%), Vitamin K: 7.23µg (6.89%), Copper: 0.13mg (6.75%)