



Fried Green Tomatoes Banana Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 2.5 cups banana divided ripe sliced
- ☐ 0.3 cup cornstarch
- ☐ 1 large egg yolk lightly beaten
- ☐ 2 large eggs lightly beaten
- ☐ 1.5 cups graham cracker crumbs low-fat (10 cracker sheets)
- ☐ 2.5 cups milk 2% reduced-fat
- ☐ 3 tablespoons butter melted reduced-calorie
- ☐ 0.7 cup sugar
- ☐ 2 tablespoons sugar

- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup non-dairy whipped topping frozen thawed reduced-calorie
- ☐ 2 drops food coloring yellow

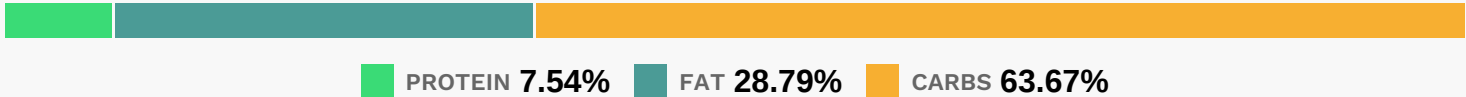
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 32
- ☐ Combine the first 3 ingredients in a medium bowl; toss with fork until moist. Press into bottom and up sides of a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 325 for 10 minutes; let cool.
- ☐ Combine 2/3 cup sugar and cornstarch in a medium saucepan. Gradually add milk, stirring with a whisk. Bring to a boil over medium heat; cook 1 minute, stirring constantly. Gradually add hot milk mixture to eggs and egg yolk, stirring constantly with a whisk. Return milk mixture to pan; cook over medium heat until thick (about 4 minutes), stirring constantly.
- ☐ Remove from heat; stir in vanilla and food coloring.
- ☐ Arrange 1 1/4 cups banana in bottom of prepared pie crust; pour half of custard over banana. Top with remaining banana and custard. Cover the surface of custard with plastic wrap; chill 4 hours.
- ☐ Remove plastic wrap; and spread whipped topping over pie.

Nutrition Facts



Properties

Glycemic Index:33.62, Glycemic Load:27.4, Inflammation Score:-4, Nutrition Score:7.4043477799581%

Flavonoids

Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg 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: 329.88kcal (16.49%), Fat: 10.7g (16.46%), Saturated Fat: 3.81g (23.78%), Carbohydrates: 53.24g (17.75%), Net Carbohydrates: 51.44g (18.7%), Sugar: 35.1g (39%), Cholesterol: 75.54mg (25.18%), Sodium: 217.5mg (9.46%), Alcohol: 0.34g (100%), Alcohol %: 0.23% (100%), Protein: 6.3g (12.61%), Vitamin B2: 0.29mg (17.18%), Phosphorus: 151.98mg (15.2%), Vitamin B6: 0.25mg (12.36%), Calcium: 121.76mg (12.18%), Selenium: 7.83µg (11.19%), Potassium: 332.34mg (9.5%), Vitamin B12: 0.57µg (9.46%), Magnesium: 32.77mg (8.19%), Vitamin A: 408.65IU (8.17%), Folate: 29.62µg (7.41%), Manganese: 0.15mg (7.37%), Fiber: 1.8g (7.21%), Vitamin B5: 0.68mg (6.79%), Zinc: 0.96mg (6.37%), Iron: 1.11mg (6.16%), Vitamin B1: 0.09mg (6.03%), Vitamin C: 4.24mg (5.14%), Vitamin B3: 1mg (5%), Vitamin E: 0.47mg (3.16%), Copper: 0.06mg (3.1%), Vitamin D: 0.36µg (2.43%)