



Homemade Banana Pudding Pie



Vegetarian



Popular

READY IN



45 min.

SERVINGS



10

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 3 bananas sliced into 1/4 inch slices
- ☐ 2 teaspoons butter
- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups vanilla wafer crumbs

☐ 0.3 cup sugar white

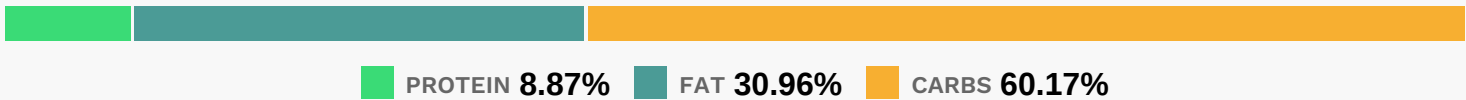
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Line the bottom and sides of a 9 inch pie plate with a layer of alternating vanilla wafers and banana slices.
- ☐ To Make Pudding: In a medium saucepan, combine 1 1/2 cups sugar with flour.
- ☐ Mix well, then stir in half the milk. Beat egg yolks and whisk into sugar mixture.
- ☐ Add remaining milk and butter or margarine.
- ☐ Place mixture over low heat and cook until thickened, stirring frequently.
- ☐ Remove from heat and stir in vanilla extract.
- ☐ Pour half of pudding over vanilla wafer and banana layer while still hot.
- ☐ Make another layer of alternating vanilla wafers and banana slices on top of pudding layer.
- ☐ Pour remaining pudding over second wafer and banana layer.
- ☐ To Make Meringue: In a large glass or metal bowl, beat egg whites until foamy. Gradually add 1/4 cup sugar, continuing to beat until whites are stiff.
- ☐ Spread meringue into pie pan, making sure to completely cover pudding layer.
- ☐ Bake in preheated oven for 15 minutes, just until meringue is browned. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:36.49, Glycemic Load:22.15, Inflammation Score:-2, Nutrition Score:5.7260869132436%

Flavonoids

Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg 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: 224.59kcal (11.23%), Fat: 7.81g (12.02%), Saturated Fat: 3.24g (20.22%), Carbohydrates: 34.16g (11.39%), Net Carbohydrates: 32.85g (11.94%), Sugar: 18.81g (20.9%), Cholesterol: 66.55mg (22.18%), Sodium: 131.48mg (5.72%), Alcohol: 0.28g (100%), Alcohol %: 0.27% (100%), Protein: 5.04g (10.08%), Vitamin B2: 0.23mg (13.49%), Vitamin B1: 0.17mg (11.02%), Selenium: 7.2µg (10.29%), Folate: 40.43µg (10.11%), Phosphorus: 92.39mg (9.24%), Vitamin B6: 0.18mg (9.03%), Calcium: 70.24mg (7.02%), Potassium: 243.84mg (6.97%), Vitamin B12: 0.38µg (6.31%), Manganese: 0.12mg (6.24%), Vitamin D: 0.83µg (5.52%), Vitamin B3: 1.06mg (5.29%), Fiber: 1.31g (5.25%), Vitamin B5: 0.49mg (4.94%), Magnesium: 17.48mg (4.37%), Vitamin A: 204.57IU (4.09%), Vitamin C: 3.08mg (3.73%), Zinc: 0.4mg (2.69%), Iron: 0.4mg (2.2%), Copper: 0.04mg (1.99%), Vitamin E: 0.22mg (1.49%)