



Impossibly Easy Banana Custard Pie

 Gluten Free

READY IN



240 min.

SERVINGS



8

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 1 cup banana ripe mashed (2 medium)
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon butter softened
- ☐ 0.5 teaspoon vanilla
- ☐ 2 eggs
- ☐ 14 oz condensed milk sweetened canned
- ☐ 0.8 cup cool whip frozen thawed

- ☐ 0.3 cup walnut pieces coarsely chopped
- ☐ 1 serving mrs richardson's butterscotch caramel sauce warmed
- ☐ 0.5 cup frangelico

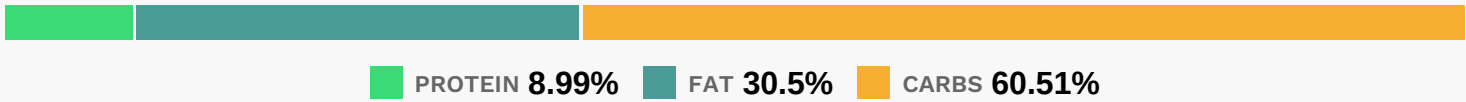
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 350°F. Grease 9-inch glass pie plate with shortening or spray with cooking spray. In small bowl, mix bananas and lemon juice; set aside.
- ☐ In medium bowl, stir remaining ingredients except whipped topping, walnuts and caramel topping until blended.
- ☐ Add banana mixture; stir until blended.
- ☐ Pour into pie plate.
- ☐ Bake 40 to 45 minutes or until golden brown and knife inserted in center comes out clean. Cool completely, about 1 hour. Cover and refrigerate about 2 hours or until chilled.
- ☐ Spread pie with whipped topping; sprinkle with walnuts.
- ☐ Drizzle with caramel topping before serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:25.73, Glycemic Load:22.95, Inflammation Score:-3, Nutrition Score:6.7313043241915%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 274.5kcal (13.72%), Fat: 9.59g (14.76%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 42.81g (14.27%), Net Carbohydrates: 42.05g (15.29%), Sugar: 39.69g (44.1%), Cholesterol: 58.91mg (19.64%), Sodium: 117.6mg (5.11%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 6.36g (12.72%), Vitamin B2: 0.32mg (18.92%), Phosphorus: 171.32mg (17.13%), Selenium: 11.4µg (16.29%), Calcium: 162.31mg (16.23%), Manganese: 0.19mg (9.25%), Potassium: 295.9mg (8.45%), Vitamin B12: 0.43µg (7.18%), Vitamin B6: 0.14mg (7.09%), Magnesium: 26.03mg (6.51%), Vitamin B5: 0.64mg (6.35%), Vitamin A: 284.07IU (5.68%), Vitamin B1: 0.08mg (5.22%), Zinc: 0.77mg (5.15%), Folate: 19.52µg (4.88%), Copper: 0.09mg (4.51%), Vitamin C: 3.48mg (4.22%), Fiber: 0.76g (3.06%), Iron: 0.45mg (2.49%), Vitamin D: 0.32µg (2.13%), Vitamin E: 0.3mg (2.03%), Vitamin B3: 0.31mg (1.53%)