



Light Banana Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

DESSERT

Ingredients

- 2 medium bananas peeled sliced
- 0.8 cup cake flour sifted
- 2 tablespoons cornstarch
- 0.5 teaspoon cream of tartar
- 1 eggs
- 3 egg whites
- 1 egg yolk
- 2 tablespoons butter melted
- 0.1 teaspoon salt

- 1.5 cups skim milk
- 0.8 cup sugar divided
- 2 tablespoons coconut or unsweetened grated toasted
- 0.5 teaspoon vanilla extract
- 1 tablespoons water cold

Equipment

- sauce pan
- oven
- wire rack
- plastic wrap
- hand mixer

Directions

- Combine flour, coconut, and margarine; sprinkle water over surface of mixture, stirring with a fork until crumbly. (Do not form a ball.) Press into a 4-inch circle on heavy-duty plastic wrap. Cover with another sheet of plastic wrap.
- Roll into a 12-inch circle.
- Remove top sheet of plastic. Invert pastry into a 9-inch pieplate coated with cooking spray; remove remaining plastic. Fold edges under, and flute. Prick bottom of pastry.
- Bake at 325 for 15 minutes; cool on a wire rack.
- Combine 1/2 cup sugar, cornstarch, and salt in a saucepan.
- Add milk, stirring well. Cook over medium heat, stirring constantly, until thickened. Beat egg and egg yolk until thick. Stir one-fourth of hot mixture into beaten egg; add to remaining hot mixture, stirring constantly. Cook, stirring constantly, 2 minutes or until thick.
- Remove from heat; stir in vanilla.
- Place banana in pastry. Top with filling.
- Beat egg whites and cream of tartar at high speed of an electric mixer until foamy.
- Add remaining sugar, 1 tablespoon at a time, beating until stiff peaks form.
- Spread meringue over filling, sealing to edge of pastry.

Bake at 325 for 25 minutes. Cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:28.14, Glycemic Load:22.61, Inflammation Score:-3, Nutrition Score:5.48217387627%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 219.56kcal (10.98%), Fat: 5.15g (7.93%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 37.38g (13.59%), Sugar: 24.9g (27.67%), Cholesterol: 46.14mg (15.38%), Sodium: 117.31mg (5.1%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 5.7g (11.4%), Selenium: 11.46µg (16.38%), Manganese: 0.22mg (10.75%), Vitamin B2: 0.18mg (10.68%), Phosphorus: 92.03mg (9.2%), Vitamin B6: 0.16mg (8.06%), Potassium: 262.43mg (7.5%), Calcium: 72.36mg (7.24%), Vitamin B12: 0.37µg (6.21%), Vitamin A: 300.17IU (6%), Fiber: 1.27g (5.08%), Vitamin B5: 0.5mg (5%), Magnesium: 19.76mg (4.94%), Vitamin D: 0.74µg (4.91%), Folate: 17.15µg (4.29%), Vitamin B1: 0.05mg (3.47%), Zinc: 0.51mg (3.37%), Copper: 0.07mg (3.33%), Vitamin C: 2.59mg (3.14%), Iron: 0.42mg (2.32%), Vitamin E: 0.31mg (2.04%), Vitamin B3: 0.39mg (1.97%)