



Macadamia Nut-Banana Cream Pie

READY IN



195 min.

SERVINGS



8

CALORIES



616 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup macadamia nuts finely chopped
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 1 eggs beaten
- ☐ 0.7 cup granulated sugar
- ☐ 0.3 cup cornstarch
- ☐ 0.5 teaspoon salt

- ☐ 3 cups milk whole
- ☐ 4 egg yolk
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon vanilla
- ☐ 2 large banana sliced
- ☐ 1 cup whipping cream
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 cup macadamia nuts coarsely chopped toasted

Equipment

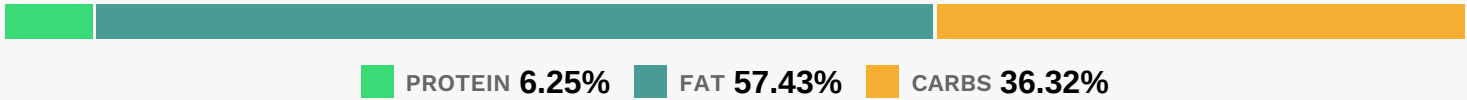
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ In medium bowl, beat all crust ingredients with electric mixer on low speed about 1 minute or just until blended. Press mixture on bottom and up side of ungreased 9-inch glass pie plate; prick mixture with fork. Refrigerate 30 minutes while preparing filling.
- ☐ In 2-quart saucepan, mix 2/3 cup sugar, the cornstarch and salt. In large bowl, beat milk and egg yolks with wire whisk until blended; gradually stir into sugar mixture. Cook over medium-low heat about 15 minutes, stirring constantly, until mixture thickens and boils. Boil 2 minutes, beating constantly with wire whisk; remove from heat. Beat in 2 tablespoons butter and 1 tablespoon vanilla with wire whisk. Press plastic wrap on filling to prevent a tough layer from forming. Cool at room temperature while baking crust.
- ☐ Heat oven to 400°F.
- ☐ Bake crust 16 to 18 minutes or until edge is golden brown. Cool at room temperature 15 minutes.

- ☐
- Place banana slices on pie crust. Stir filling well; pour filling over bananas. Press plastic wrap on filling; refrigerate at least 2 hours until thoroughly chilled.
- ☐
- In chilled small bowl, beat whipping cream and 2 tablespoons sugar on high speed until soft peaks form; spread over top of pie.
- ☐
- Sprinkle with toasted nuts.

Nutrition Facts



Properties

Glycemic Index:49.76, Glycemic Load:32.08, Inflammation Score:-7, Nutrition Score:14.929130409075%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg 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: 615.59kcal (30.78%), Fat: 40.08g (61.66%), Saturated Fat: 13.83g (86.43%), Carbohydrates: 57.03g (19.01%), Net Carbohydrates: 54.14g (19.69%), Sugar: 33.17g (36.85%), Cholesterol: 162.26mg (54.09%), Sodium: 324.8mg (14.12%), Alcohol: 0.64g (100%), Alcohol %: 0.33% (100%), Protein: 9.81g (19.62%), Manganese: 0.94mg (46.76%), Vitamin B1: 0.44mg (29.38%), Vitamin A: 1230.31IU (24.61%), Selenium: 17.17µg (24.53%), Vitamin B2: 0.41mg (24.36%), Phosphorus: 219.34mg (21.93%), Calcium: 170.23mg (17.02%), Folate: 61.43µg (15.36%), Vitamin B6: 0.29mg (14.41%), Vitamin D: 2.08µg (13.86%), Vitamin B12: 0.78µg (12.99%), Magnesium: 50.16mg (12.54%), Fiber: 2.89g (11.55%), Potassium: 395.99mg (11.31%), Iron: 2.02mg (11.21%), Vitamin B5: 1.11mg (11.08%), Copper: 0.2mg (10.07%), Vitamin B3: 1.93mg (9.63%), Vitamin E: 1.15mg (7.65%), Zinc: 1.14mg (7.58%), Vitamin C: 3.36mg (4.08%), Vitamin K: 1.53µg (1.46%)