



Maple Pecan Cereal Pie

 Vegetarian

READY IN



50 min.

SERVINGS



10

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 3 bananas ripe
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup maple syrup
- ☐ 1 cup bob's mill 5 grain rolled cereal red
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup milk whole

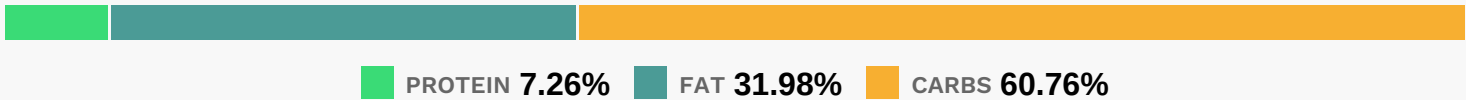
Equipment

☐ oven

Directions

- ☐ Preheat oven to 400F. Bring 2 cups water to a boil. Stir in cereal, cinnamon and salt. Simmer, stirring, until tender, about 10 minutes.
- ☐ Remove from heat.
- ☐ Slice 2 bananas; arrange in a 9-inch pie plate. Toss nuts with 1 Tbsp. syrup. Stir milk, vanilla and remaining syrup into cereal; spread over bananas. Top with nuts.
- ☐ Bake until browned, 20 to 25 minutes.
- ☐ Let stand 5 minutes. Slice remaining banana; place on top.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:14.43, Glycemic Load:6.14, Inflammation Score:-2, Nutrition Score:4.6239130484021%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg 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: 110.41kcal (5.52%), Fat: 4.1g (6.3%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 15.86g (5.77%), Sugar: 11.02g (12.25%), Cholesterol: 1.46mg (0.49%), Sodium: 78.28mg (3.4%), Alcohol: 0.07g (100%), Alcohol %: 0.13% (100%), Protein: 2.09g (4.18%), Manganese: 0.52mg (26.1%), Vitamin B2: 0.19mg (11.41%), Vitamin B6: 0.19mg (9.4%), Vitamin B1: 0.11mg (7.4%), Fiber: 1.65g (6.61%), Potassium: 184.18mg (5.26%), Vitamin C: 4.14mg (5.02%), Magnesium: 18.79mg (4.7%), Copper: 0.09mg (4.38%), Calcium: 38.08mg

(3.81%), Phosphorus: 33.9mg (3.39%), Folate: 13.18µg (3.29%), Iron: 0.54mg (2.97%), Vitamin B3: 0.56mg (2.81%), Zinc: 0.39mg (2.57%), Vitamin B5: 0.21mg (2.07%), Selenium: 0.78µg (1.11%), Vitamin B12: 0.07µg (1.1%)