



Mile-High Banana Cream Pie

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 18 oz bananas ripe
- ☐ 2 tablespoons butter
- ☐ 10 servings chocolate curls (optional; see notes)
- ☐ 0.3 cup cornstarch
- ☐ 4 large egg yolks
- ☐ 2.3 cups milk
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar

- ☐ 2 teaspoons vanilla
- ☐ 1 cup whipping cream

Equipment

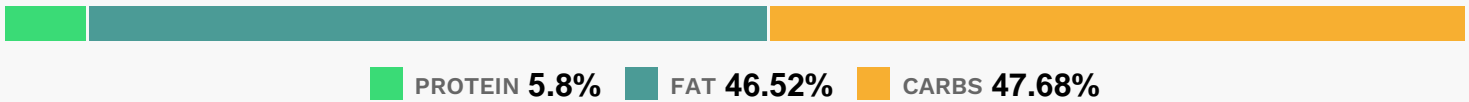
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ pie form

Directions

- ☐ In a 1 1/2- to 2-quart pan, combine 3/4 cup sugar, cornstarch, and salt.
- ☐ Add milk and whisk to blend.
- ☐ Whisk over medium heat until mixture boils and thickens, taking care not to scorch.
- ☐ Remove from heat.
- ☐ In a small bowl, beat egg yolks to blend. Stir about 1/2 cup of the hot milk mixture into yolks, then stir mixture back into pan. Return pan to medium-low heat and stir until mixture just begins to bubble, about 2 minutes.
- ☐ Remove from heat and stir in butter and 1 teaspoon vanilla.
- ☐ Peel bananas. Slice half into chocolate pastry, covering bottom evenly.
- ☐ Pour half the warm custard evenly over bananas. Repeat to layer remaining bananas and custard. Cover surface of custard with plastic wrap. Chill until cold, at least 2 hours.
- ☐ In a bowl, with a mixer on high speed, beat whipping cream and remaining 2 tablespoons sugar and 1 teaspoon vanilla until mixture holds soft peaks. Mound on pie and swirl to cover decoratively. Top with chocolate curls, if desired.
- ☐ Chocolate pastry: In a food processor or a bowl, combine 1 cup all-purpose flour, 1/4 cup sugar, 3 tablespoons unsweetened cocoa, and 1/4 teaspoon salt; whirl or mix to blend.

- ☐ Add 1/2 cup (1/4 lb.) butter or margarine, cut into chunks; whirl or rub in with your fingers until fine crumbs form.
- ☐ Add 1 large egg yolk and 1/2 teaspoon vanilla; whirl or mix with a fork until blended.
- ☐ Pour mixture into a 9-inch pie pan and press evenly over bottom and up sides to edge of rim.
- ☐ Bake in a 350 regular or convection oven just until crust is slightly darker around edges, 18 to 20 minutes.
- ☐ Let cool on a rack at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:16.29, Glycemic Load:17.09, Inflammation Score:-5, Nutrition Score:6.569130503613%

Flavonoids

Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 283.4kcal (14.17%), Fat: 15.01g (23.09%), Saturated Fat: 7.89g (49.31%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 33.16g (12.06%), Sugar: 25.04g (27.82%), Cholesterol: 106.98mg (35.66%), Sodium: 116.31mg (5.06%), Alcohol: 0.28g (100%), Alcohol %: 0.22% (100%), Protein: 4.21g (8.42%), Vitamin A: 670.17IU (13.4%), Vitamin B6: 0.25mg (12.68%), Vitamin B2: 0.2mg (11.69%), Phosphorus: 110.85mg (11.08%), Calcium: 96.38mg (9.64%), Selenium: 6.37µg (9.1%), Vitamin D: 1.35µg (9.01%), Potassium: 303.53mg (8.67%), Manganese: 0.16mg (8.1%), Vitamin B12: 0.47µg (7.86%), Vitamin B5: 0.64mg (6.45%), Magnesium: 24.44mg (6.11%), Fiber: 1.45g (5.78%), Vitamin C: 4.59mg (5.56%), Folate: 21.11µg (5.28%), Vitamin B1: 0.06mg (4.27%), Vitamin E: 0.57mg (3.77%), Zinc: 0.55mg (3.64%), Copper: 0.06mg (3.22%), Iron: 0.43mg (2.41%), Vitamin B3: 0.43mg (2.13%), Vitamin K: 1.3µg (1.24%)