



New-Fashioned Banana Cream Pie

READY IN



55 min.

SERVINGS



4

CALORIES



536 kcal

DESSERT

Ingredients

- ☐ 1 medium banana ripe thinly sliced
- ☐ 4 servings topping fat-free
- ☐ 0.3 cup cornstarch
- ☐ 2 egg yolk
- ☐ 1 tablespoon feta cheese
- ☐ 0.5 cup graham crackers crushed
- ☐ 2 cups vanilla
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla

☐ 1 cup cool whip fat-free frozen thawed ()

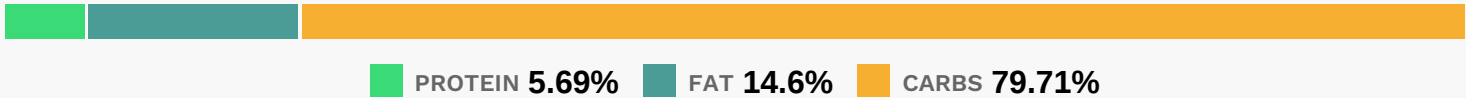
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ In 2-quart stainless steel or nonstick saucepan (do not use aluminum because pudding will discolor), stir together cornstarch and sugar. Gradually stir in soymilk and egg yolks with wire whisk.
- ☐ Heat to boiling over medium heat, stirring constantly. Boil 1 minute, stirring constantly; remove from heat. Stir in vanilla and butter. Cover surface of pudding with plastic wrap to prevent skin from forming. Refrigerate about 30 minutes or until cool.
- ☐ Sprinkle 1 tablespoon cracker crumbs over bottoms of 4 small shallow serving bowls. Stir pudding. Spoon 1/4 cup pudding over crumbs in each bowl; top each with 1/4 of the banana slices. Spoon 1/4 cup pudding over banana slices; top with 1/4 cup whipped topping and 1 tablespoon cracker crumbs.
- ☐ Drizzle with topping.

Nutrition Facts



Properties

Glycemic Index:49.72, Glycemic Load:20.96, Inflammation Score:-3, Nutrition Score:6.4539129850657%

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: 536.11kcal (26.81%), Fat: 4.75g (7.31%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 58.39g (19.46%), Net Carbohydrates: 57.07g (20.75%), Sugar: 39.63g (44.04%), Cholesterol: 100.88mg (33.63%), Sodium: 140.87mg (6.12%), Alcohol: 36.12g (100%), Alcohol %: 22.56% (100%), Protein: 4.17g (8.34%), Vitamin B2: 0.32mg (18.58%), Manganese: 0.33mg (16.74%), Vitamin B6: 0.2mg (10.08%), Potassium: 314.4mg (8.98%), Selenium: 6.24µg (8.92%), Phosphorus: 85.38mg (8.54%), Vitamin B12: 0.45µg (7.56%), Magnesium: 29.87mg (7.47%), Folate: 27.44µg (6.86%), Copper: 0.12mg (6.06%), Vitamin B1: 0.09mg (6.02%), Vitamin B3: 1.14mg (5.7%), Calcium: 54.59mg (5.46%), Iron: 0.98mg (5.43%), Fiber: 1.32g (5.3%), Zinc: 0.66mg (4.39%), Vitamin B5: 0.41mg (4.06%), Vitamin A: 181.49IU (3.63%), Vitamin D: 0.49µg (3.24%), Vitamin C: 2.57mg (3.11%), Vitamin E: 0.3mg (2.03%)