



New-Fashioned Banana Cream Pie

READY IN



55 min.

SERVINGS



4

CALORIES



308 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 0.3 cup sugar
- ☐ 2 cups soymilk
- ☐ 2 egg yolk
- ☐ 1 teaspoon vanilla
- ☐ 1 tablespoon butter
- ☐ 0.5 cup graham crackers crushed
- ☐ 1 medium banana ripe thinly sliced
- ☐ 1 cup cool whip fat-free frozen thawed ()

☐ 1 serving topping fat-free

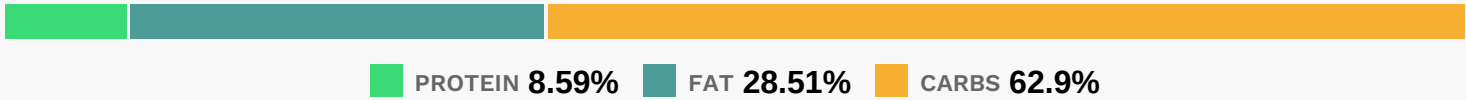
Equipment

- ☐ 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:58.07, Glycemic Load:22.16, Inflammation Score:-6, Nutrition Score:12.3900000021976%

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: 307.54kcal (15.38%), Fat: 9.79g (15.06%), Saturated Fat: 2.44g (15.28%), Carbohydrates: 48.6g (16.2%), Net Carbohydrates: 46.82g (17.03%), Sugar: 29.07g (32.3%), Cholesterol: 100.2mg (33.4%), Sodium: 186.1mg (8.09%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 6.64g (13.27%), Vitamin B12: 1.73µg (28.85%), Vitamin B2: 0.45mg (26.62%), Vitamin B3: 4.58mg (22.91%), Vitamin B6: 0.45mg (22.48%), Vitamin E: 3.37mg (22.45%), Calcium: 209.03mg (20.9%), Folate: 65.21µg (16.3%), Vitamin A: 770.41IU (15.41%), Vitamin C: 11.07mg (13.42%), Selenium: 8.94µg (12.77%), Vitamin D: 1.9µg (12.68%), Vitamin B1: 0.15mg (10.14%), Copper: 0.19mg (9.44%), Potassium: 326.2mg (9.32%), Phosphorus: 79.21mg (7.92%), Iron: 1.42mg (7.9%), Fiber: 1.78g (7.1%), Zinc: 0.82mg (5.47%), Manganese: 0.09mg (4.64%), Magnesium: 17.14mg (4.28%), Vitamin B5: 0.37mg (3.71%)