



No-Bake Banana Pudding Pie

 Vegetarian

READY IN



210 min.

SERVINGS



8

CALORIES



450 kcal

DESSERT

Ingredients

- ☐ 2 medium bananas ripe thinly sliced
- ☐ 4 large egg yolks lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 9-inch graham cracker crumb crust prepared
- ☐ 1 cup heavy cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar

- ☐ 1 teaspoon vanilla extract pure
- ☐ 2 teaspoons vanilla extract
- ☐ 20 vanilla wafers for garnishing
- ☐ 2 cups milk whole

Equipment

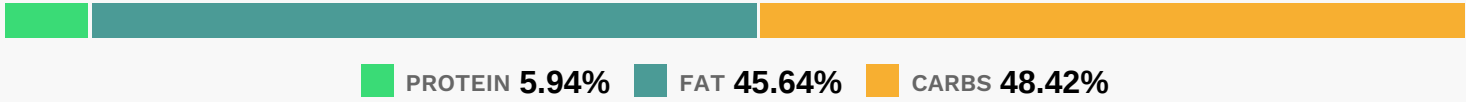
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ To make the pudding, in a medium saucepan over medium heat, whisk the sugar, flour, and salt together. Slowly whisk in the milk until combined and smooth and then stir constantly with a wooden spoon until the mixture comes to a low boil and thickens, about 7 minutes. Reduce the heat to very low.
- ☐ While whisking, add about 1/4 cup of the hot milk mixture to the eggs.
- ☐ Whisk the egg mixture into the hot milk and cook, stirring constantly, until the mixture is very thick, 3 to 4 minutes.
- ☐ Remove from the heat and stir in the vanilla.
- ☐ Let stand until room temperature.
- ☐ To make the pie, arrange half of the banana slices in a single layer over the crust.
- ☐ Spread half of the pudding evenly over the bananas.
- ☐ Lay the wafer cookies in a single layer on the surface of the pudding, followed by the remaining bananas.
- ☐ Spread the rest of the pudding evenly over the top.
- ☐ In a small bowl, with a whisk or electric hand mixer, whip the cream, sugar, and vanilla together until soft peaks form.

- ☐ Spread the cream evenly over the pie.
- ☐ Sprinkle vanilla wafer crumbs over the top. Cover with plastic wrap and chill for at least 3 hours before serving.
- ☐ To serve, slice the pie and garnish each slice with vanilla wafer crumbs.

Nutrition Facts



Properties

Glycemic Index:48.12, Glycemic Load:26.32, Inflammation Score:-5, Nutrition Score:9.4865218452785%

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: 450.09kcal (22.5%), Fat: 23.02g (35.42%), Saturated Fat: 10.75g (67.17%), Carbohydrates: 54.96g (18.32%), Net Carbohydrates: 53.43g (19.43%), Sugar: 31.71g (35.23%), Cholesterol: 132.89mg (44.3%), Sodium: 269.04mg (11.7%), Alcohol: 0.52g (100%), Alcohol %: 0.35% (100%), Protein: 6.74g (13.48%), Manganese: 0.4mg (20.02%), Vitamin B2: 0.32mg (18.61%), Phosphorus: 155.38mg (15.54%), Folate: 56.04µg (14.01%), Vitamin B1: 0.21mg (13.82%), Selenium: 9.52µg (13.6%), Vitamin A: 677.81IU (13.56%), Calcium: 114.41mg (11.44%), Vitamin D: 1.61µg (10.71%), Vitamin B6: 0.2mg (10.22%), Vitamin B12: 0.54µg (9.05%), Vitamin B3: 1.67mg (8.35%), Potassium: 279.37mg (7.98%), Vitamin B5: 0.72mg (7.17%), Iron: 1.14mg (6.35%), Vitamin E: 0.95mg (6.33%), Fiber: 1.52g (6.09%), Magnesium: 24.01mg (6%), Zinc: 0.87mg (5.78%), Vitamin K: 5.99µg (5.7%), Copper: 0.09mg (4.53%), Vitamin C: 2.74mg (3.33%)