



OREO Banana Cream Pie

READY IN



270 min.

SERVINGS



30

CALORIES



187 kcal

DESSERT

Ingredients

- 3 but bananas firm ripe sliced
- 0.3 cup butter melted
- 2 Tbsp butter cut into small pieces
- 0.3 cup cornstarch
- 2 egg yolks
- 3 cups half-and-half
- 1.8 cups oreo cookies crushed finely
- 30 servings additional oreo cookies for garnish
- 0.5 cup sugar

- 1 tsp vanilla
- 1 cup cool whip whipped topping thawed

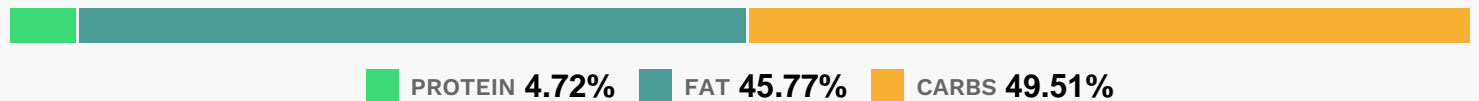
Equipment

- bowl
- sauce pan
- whisk

Directions

- Combine crushed cookies and butter in bowl. Press crumb mixture onto bottom and up side of a 9-inch pie plate. Refrigerate.
- Add half-and-half, egg yolks, sugar and cornstarch to 2-qt. saucepan and whisk until the mixture is smooth and cornstarch is dissolved.
- Place on medium heat and bring to a simmer, whisking constantly; cook until thickened, about 15 min. Once thick, like pudding, remove from heat and stir in vanilla and 2 Tbsp. butter.
- Place half of the sliced bananas in the bottom of prepared crust. Top with half of the pudding; repeat layers.
- Refrigerate 4 hours or until set. Top with COOL WHIP just before serving.
- Garnish with OREO Cookies.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:3.63, Inflammation Score:-2, Nutrition Score:4.0900000204211%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 186.57kcal (9.33%), Fat: 9.73g (14.97%), Saturated Fat: 4.74g (29.61%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 22.76g (8.27%), Sugar: 14.79g (16.44%), Cholesterol: 27.58mg (9.19%), Sodium: 115.87mg (5.04%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Protein: 2.26g (4.51%), Iron: 2.59mg (14.38%), Manganese: 0.17mg (8.7%), Vitamin B2: 0.12mg (6.77%), Vitamin K: 6.32µg (6.02%), Phosphorus: 52.21mg (5.22%), Vitamin E: 0.69mg (4.61%), Folate: 17.6µg (4.4%), Copper: 0.08mg (4.13%), Selenium: 2.79µg (3.98%), Magnesium: 15.67mg (3.92%), Fiber: 0.92g (3.68%), Vitamin A: 183.72IU (3.67%), Potassium: 127.38mg (3.64%), Vitamin B1: 0.05mg (3.63%), Calcium: 34.91mg (3.49%), Vitamin B6: 0.06mg (3.25%), Vitamin B3: 0.65mg (3.23%), Vitamin B5: 0.21mg (2.1%), Zinc: 0.3mg (1.99%), Vitamin C: 1.24mg (1.51%), Vitamin B12: 0.08µg (1.32%)