



Peanut Butter Banana Cream Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



428 kcal

DESSERT

Ingredients

- ☐ 4 banana firm divided ripe peeled
- ☐ 1.5 tablespoons cornstarch
- ☐ 3 ounces cream cheese room temperature
- ☐ 0.3 cup creamy peanut butter freshly ground (do not use old-fashioned or)
- ☐ 2 large egg yolk
- ☐ 0.7 cup cup heavy whipping cream chilled
- ☐ 3 tablespoons orange juice divided
- ☐ 0.5 cup powdered sugar

- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 1 vanilla pod split
- ☐ 1 teaspoon vanilla extract
- ☐ 6 ounces vanilla wafers
- ☐ 0.5 cup milk whole

Equipment

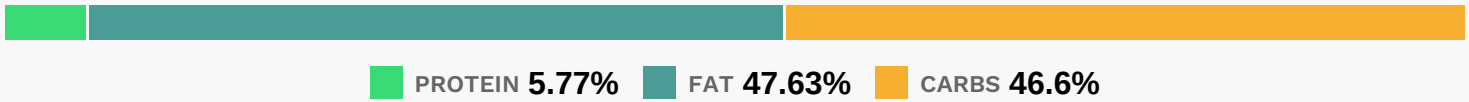
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine all ingredients in processor; blend until mixture resembles moist crumbs, about 1 minute.
- ☐ Transfer to 9-inch-diameter glass pie dish and press mixture onto bottom and up sides (not rim) of dish.
- ☐ Bake crust until golden brown, about 12 minutes.
- ☐ Remove from oven; press crust with back of spoon if puffed. Cool crust completely.
- ☐ Whisk sugar, cornstarch, and salt in heavy medium saucepan until no lumps remain. Gradually whisk in cream, then milk.
- ☐ Add yolks and scrape in seeds from vanilla bean; whisk to blend. Cook over medium heat, whisking constantly, until pudding thickens and boils, about 5 minutes.
- ☐ Add butter and stir until melted.
- ☐ Spread warm pudding in cooled crust. Chill until filling is cool, about 1 hour.
- ☐ Thinly slice 3 bananas on diagonal.

- ☐ Combine banana slices and 2 tablespoonsorange juice in medium bowl; toss to coat.
- ☐ Transfer banana slices to paper towels andpat dry. Arrange enough banana slices insingle layer over vanilla custard filling tocover completely.
- ☐ Using electricmixer, beat cream cheese and powdered sugar in medium bowl until smooth. Beatin vanilla, then peanut butter. Beat creamin another medium bowl until firm peaksform. Fold large spoonful of whipped creaminto peanut mixture to loosen, then foldin remaining cream in 2 additions.
- ☐ Spreadpeanut butter layer evenly over bananas.Chill at least 3 hours. DO AHEAD: Can be made8 hours ahead. Keep chilled.
- ☐ Thinly slice remaining banana ondiagonal. Toss with remaining 1 tablespoonorange juice, then pat dry with paper towels.Arrange banana slices around top edge ofpie.
- ☐ Sprinkle peanut brittle over bananas, ifdesired, and serve.

Nutrition Facts



Properties

Glycemic Index:41.61, Glycemic Load:25.12, Inflammation Score:-5, Nutrition Score:8.4647825127063%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 427.69kcal (21.38%), Fat: 23.37g (35.96%), Saturated Fat: 10.66g (66.64%), Carbohydrates: 51.44g (17.15%), Net Carbohydrates: 49.07g (17.84%), Sugar: 33.03g (36.7%), Cholesterol: 84.85mg (28.28%), Sodium: 215.76mg (9.38%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 6.37g (12.74%), Manganese: 0.32mg (16.24%), Vitamin B6: 0.3mg (15.2%), Vitamin B2: 0.22mg (13.16%), Folate: 49.68µg (12.42%), Vitamin A: 614.56IU (12.29%), Vitamin B3: 2.44mg (12.21%), Phosphorus: 114.94mg (11.49%), Potassium: 364.37mg (10.41%), Vitamin C: 8.44mg (10.23%), Vitamin B1: 0.15mg (10.05%), Magnesium: 39.33mg (9.83%), Vitamin E: 1.47mg (9.82%), Fiber: 2.37g (9.5%), Selenium: 5.37µg (7.67%), Vitamin B5: 0.62mg (6.2%), Calcium: 57.25mg (5.72%), Copper: 0.1mg (5.2%), Vitamin D: 0.74µg (4.94%), Zinc: 0.63mg (4.2%), Vitamin B12: 0.22µg (3.72%), Iron: 0.52mg (2.87%), Vitamin

K: 1.39μg (1.32%)