



WHATSheATE



Peanut Butter-Banana Cream Pie

READY IN



345 min.

SERVINGS



8

CALORIES



942 kcal

DESSERT

Ingredients

- ☐ 2 medium bananas
- ☐ 0.3 cup butter melted
- ☐ 3 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 2 tablespoons creamy peanut butter
- ☐ 0.5 cup lightly dry-roasted peanuts salted
- ☐ 4 large egg yolks
- ☐ 0.5 cup granulated sugar
- ☐ 2 cups half-and-half

- ☐ 2 cups heavy cream
- ☐ 8 servings garnishes: peanut butter sandwich cookies salted halved chopped
- ☐ 22 peanut butter sandwich cookies
- ☐ 0.5 cup powdered sugar
- ☐ 2 teaspoons vanilla extract divided

Equipment

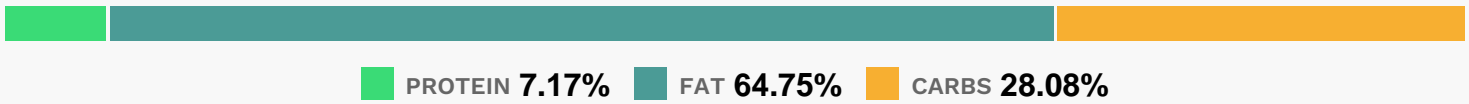
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Process cookies and peanuts in a food processor about 1 minute or until finely chopped. Stir together cookie mixture and melted butter. Press crumb mixture on bottom, up sides, and onto lip of a lightly greased 9-inch pie plate.
- ☐ Bake at 350 for 10 to 12 minutes or until lightly browned.
- ☐ Transfer to a wire rack, and cool completely (about 30 minutes).
- ☐ Whisk together granulated sugar and cornstarch in a large, heavy saucepan.
- ☐ Whisk together half-and-half and egg yolks in a medium bowl. Gradually whisk half-and-half mixture into sugar mixture, and bring to a boil over medium heat, whisking constantly. Boil, whisking constantly, 1 minute; remove from heat.
- ☐ Stir butter, peanut butter, and 1 tsp. vanilla into sugar mixture.
- ☐ Place heavy-duty plastic wrap directly on warm custard (to prevent a film from forming), and cool 30 minutes.

- ☐ Cut bananas into 1/2-inch-thick slices; place in a single layer on bottom of crust, covering bottom completely. Spoon custard mixture over bananas; cover and chill 4 to 48 hours.
- ☐ Beat cream at high speed with an electric mixer until foamy; gradually add powdered sugar and remaining 1 tsp. vanilla, beating until soft peaks form. Top pie with whipped cream mixture.
- ☐ Serve immediately, or chill up to 4 hours.
- ☐ Note: We tested with Nabisco Nutter Butter peanut butter sandwich cookies.

Nutrition Facts



Properties

Glycemic Index:31.61, Glycemic Load:12.88, Inflammation Score:-8, Nutrition Score:20.530000168344%

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: 942.18kcal (47.11%), Fat: 70.2g (108%), Saturated Fat: 31.35g (195.95%), Carbohydrates: 68.5g (22.83%), Net Carbohydrates: 64.22g (23.35%), Sugar: 45.5g (50.55%), Cholesterol: 206.75mg (68.92%), Sodium: 458.36mg (19.93%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 17.48g (34.96%), Manganese: 1.04mg (51.88%), Vitamin E: 5.79mg (38.6%), Vitamin B3: 7.31mg (36.54%), Phosphorus: 321.93mg (32.19%), Vitamin A: 1539.4IU (30.79%), Iron: 5.2mg (28.86%), Magnesium: 112.13mg (28.03%), Vitamin B2: 0.47mg (27.67%), Folate: 83.06µg (20.76%), Vitamin B6: 0.4mg (20.04%), Selenium: 13.2µg (18.85%), Copper: 0.35mg (17.36%), Fiber: 4.28g (17.1%), Potassium: 595.92mg (17.03%), Calcium: 149.8mg (14.98%), Zinc: 2.05mg (13.69%), Vitamin B5: 1.3mg (13.05%), Vitamin K: 12.91µg (12.3%), Vitamin B1: 0.18mg (12.25%), Vitamin D: 1.41µg (9.41%), Vitamin B12: 0.4µg (6.61%), Vitamin C: 3.47mg (4.2%)