



Peanut Butter-Banana Pie

READY IN



45 min.

SERVINGS



10

CALORIES



630 kcal

DESSERT

Ingredients

- ☐ 2 banana
- ☐ 1.3 cups t brown sugar dark divided packed
- ☐ 0.5 cup butter melted
- ☐ 8 ounce cream cheese softened
- ☐ 0.8 cup creamy peanut butter
- ☐ 40 vanilla wafers
- ☐ 0.3 cup roasted peanuts
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream divided

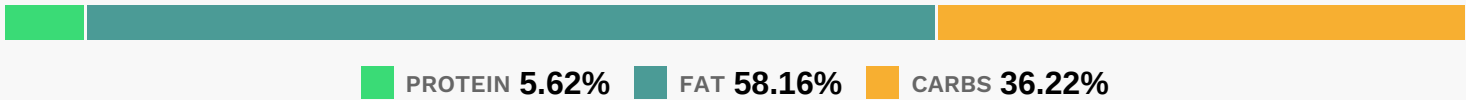
Equipment

- ☐ food processor
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Process first 3 ingredients and 1/3 cup brown sugar in a food processor until crumbly. Press mixture into bottom and up sides of a 10-inch deep-dish pieplate.
- ☐ Bake at 350 for 5 minutes. Set piecrust aside.
- ☐ Beat remaining 1 cup brown sugar, cream cheese, peanut butter, and 1 tablespoon whipping cream at medium speed with an electric mixer until mixture is light and fluffy.
- ☐ Beat remaining whipping cream and vanilla until stiff peaks form. Fold one-third whipped cream into peanut butter mixture; fold peanut butter mixture into remaining whipped cream.
- ☐ Slice bananas, and place on crust.
- ☐ Spread peanut butter mixture evenly over bananas.
- ☐ Sprinkle with chopped peanuts, if desired. Chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:17.28, Glycemic Load:16.67, Inflammation Score:-7, Nutrition Score:9.7186956923941%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 630.11kcal (31.51%), Fat: 42.06g (64.71%), Saturated Fat: 15.67g (97.92%), Carbohydrates: 58.95g (19.65%), Net Carbohydrates: 56.63g (20.59%), Sugar: 42.55g (47.27%), Cholesterol: 50.04mg (16.68%), Sodium: 393.72mg (17.12%), Alcohol: 0.14g (100%), Alcohol %: 0.11% (100%), Protein: 9.14g (18.28%), Manganese: 0.48mg (24.22%),

Vitamin A: 1075.54IU (21.51%), Vitamin B3: 4.15mg (20.77%), Vitamin E: 2.55mg (17.01%), Phosphorus: 141.58mg (14.16%), Magnesium: 53.99mg (13.5%), Folate: 52.01µg (13%), Vitamin B2: 0.22mg (12.65%), Vitamin B6: 0.22mg (10.96%), Vitamin B1: 0.16mg (10.76%), Potassium: 348.47mg (9.96%), Fiber: 2.31g (9.25%), Calcium: 81.03mg (8.1%), Copper: 0.15mg (7.63%), Selenium: 4.41µg (6.3%), Vitamin B5: 0.59mg (5.9%), Zinc: 0.8mg (5.36%), Iron: 0.76mg (4.25%), Vitamin C: 2.22mg (2.69%), Vitamin D: 0.38µg (2.54%), Vitamin B12: 0.1µg (1.66%), Vitamin K: 1.41µg (1.35%)