



Pumpkin Banana Meringue Pie

 Vegetarian

READY IN



195 min.

SERVINGS



10

CALORIES



466 kcal

DESSERT

Ingredients

- 6 bananas
- 6 tablespoons confectioners' sugar
- 0.3 teaspoon cream of tartar
- 4 large egg whites
- 2 egg yolks
- 3 large eggs
- 2 cups flour for dusting all-purpose plus more
- 1 teaspoon ground cinnamon

- 1 cup heavy cream
- 10 servings ice water
- 1 pinch kosher salt
- 0.5 teaspoon nutmeg freshly grated
- 1 pinch salt
- 0.5 cup sugar
- 2 sugar pumpkins whole
- 5 teaspoons sugar
- 2 tablespoons butter unsalted softened
- 12 tablespoons butter unsalted cold cut into small pieces

Equipment

- food processor
- bowl
- baking sheet
- oven
- blender
- hand mixer
- broiler
- rolling pin
- pie form

Directions

- Watch how to make this recipe.
- Combine the flour, sugar and a pinch of salt in a large bowl.
- Mix in the cold butter with a pastry blender or your hands until the mixture resembles coarse crumbs. Work in egg yolks and 1 to 2 tablespoons ice water until the dough holds together without being too sticky. If it's still crumbly, add more ice water, 1 teaspoon at a time. Form into a ball, wrap in plastic and refrigerate for at least 30 minutes.

- On a floured surface, roll the dough into an 11 to 12-inch circle with a floured rolling pin. Ease the dough into a 9-inch pie pan, pressing firmly into the bottom and sides. Trim the excess dough, then pinch the edges. Refrigerate until ready to fill.
- Preheat the oven to 350 degrees F.
- Split the pumpkins down the middle and scoop out the seeds. Arrange on a roasting tray, cut side up, and roast for 20 minutes.
- Remove the pumpkins from the oven and lay bananas (in their skins) around and between the pumpkin halves. Return to the oven and roast for another 10 minutes.
- Remove from oven and let cool slightly before handling, about 5 minutes.
- Scoop out the pumpkin flesh and add to a food processor. Peel the bananas and add the flesh to food processor as well.
- Add the 3 eggs, sugar, cinnamon, 2 tablespoons butter, nutmeg, heavy cream and salt. Puree until smooth.
- Put a baking sheet on the bottom oven rack and preheat to 375 degrees F.
- Pour the filling into the prepared pie shell. Lightly beat the egg white.
- Brush the pastry edges with the egg white and sprinkle with a bit of sugar. Carefully arrange the pie on the preheated baking sheet, lower the oven temperature to 325 degrees F and bake it until the pie is set but still jiggles slightly, about 50 minutes.
- Remove from the oven and let cool completely.
- Beat the egg whites, powdered sugar, cream of tartar, and a pinch salt in a large bowl with an electric mixer until glossy medium peaks form, being careful not to over beat.
- Spread the meringue mixture over the top of the pie, covering right to the edges. Using the back of a spoon press lightly into the meringue and pull up on the spoon to form peaks all over the surface of the meringue (alternatively you can use a piping bag with a large star tip if you choose).
- To cook the meringue, preheat the broiler with the rack in the highest position.
- Put the pie under the broiler and broil until the meringue is set and golden brown, about 7 minutes, watching carefully to avoid burning, as it cooks quickly.
- Remove from the broiler and cool before serving.

Nutrition Facts



■ PROTEIN 6.12% ■ FAT 49.11% ■ CARBS 44.77%

Properties

Glycemic Index:41.51, Glycemic Load:30.18, Inflammation Score:-6, Nutrition Score:10.046521777692%

Flavonoids

Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 465.92kcal (23.3%), Fat: 26.04g (40.06%), Saturated Fat: 16.03g (100.19%), Carbohydrates: 53.4g (17.8%), Net Carbohydrates: 50.76g (18.46%), Sugar: 26.5g (29.44%), Cholesterol: 107.91mg (35.97%), Sodium: 69.74mg (3.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.6%), Selenium: 16.84µg (24.06%), Vitamin B2: 0.35mg (20.61%), Manganese: 0.41mg (20.29%), Vitamin A: 937.58IU (18.75%), Folate: 67.72µg (16.93%), Vitamin B1: 0.23mg (15.44%), Vitamin B6: 0.29mg (14.7%), Fiber: 2.64g (10.57%), Potassium: 363.03mg (10.37%), Vitamin B3: 2mg (10%), Iron: 1.52mg (8.44%), Magnesium: 32.07mg (8.02%), Phosphorus: 78.93mg (7.89%), Vitamin C: 6.31mg (7.65%), Copper: 0.15mg (7.3%), Vitamin B5: 0.58mg (5.8%), Vitamin D: 0.87µg (5.79%), Vitamin E: 0.86mg (5.71%), Calcium: 43.43mg (4.34%), Zinc: 0.48mg (3.18%), Vitamin B12: 0.16µg (2.71%), Vitamin K: 2.65µg (2.52%)