



## Salted Caramel Banana Pudding Pie

 Vegetarian

READY IN



390 min.

SERVINGS



8

CALORIES



680 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 3 large bananas ripe
- ☐ 0.8 stick butter melted
- ☐ 2 tablespoons confectioners' sugar
- ☐ 4 egg yolks
- ☐ 2 large eggs
- ☐ 1 teaspoon fleur del sel
- ☐ 0.3 cup flour all-purpose

- ☐ 1 cup heavy cream
- ☐ 1.3 cups heavy cream
- ☐ 2 cups milk divided
- ☐ 0.8 cup sugar
- ☐ 1.5 cups sugar
- ☐ 2 teaspoons vanilla extract pure
- ☐ 1 box vanilla wafers 60 to 65 cookies

## Equipment

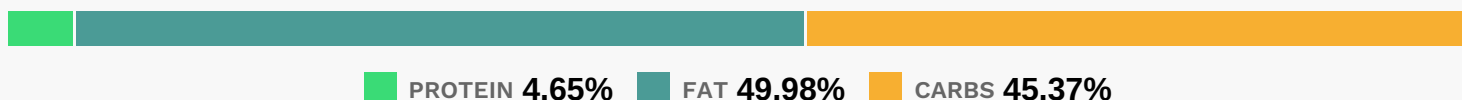
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pot

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Put the vanilla wafers in a food processor and pulse until the cookies are finely crushed. Reserve 1/2 cup to layer in and to top the pie.
- ☐ Pour the remaining crumbs in a 9-inch pie plate.
- ☐ Pour the melted butter over the top and, using a spoon or your hands, combine the ingredients. Press the mixture in the bottom and up the sides and onto the lip of the pie plate.
- ☐ Bake until lightly browned, 10 to 12 minutes.
- ☐ Remove to a wire rack and cool completely, about 30 minutes.
- ☐ Peel and slice the bananas, adding them to a bowl. Stir the salt into the caramel sauce and toss the banana slices with the salted caramel. Arrange some banana slices evenly over the bottom of the crust.

- ☐ Spread half of the warm Vanilla Pudding over the bananas, top with some more crushed vanilla wafers (reserving some for garnish) and more caramel-coated bananas.
- ☐ Spread the remaining Vanilla Pudding over the top.
- ☐ In a large bowl, whip the cream until stiff peaks are just about to form.
- ☐ Add the almond extract and sugar and beat until peaks form. Make sure not to overbeat, or the cream will become lumpy and butter-like.
- ☐ Spread the whipped cream over the pie. Just before serving, garnish with a caramel swirl and the rest of the crushed vanilla wafers.
- ☐ Combine the sugar and 1/3 cup water in a medium heavy-bottomed saucepan. This is the only time you can stir the sugar. If you stir it while it's cooking, it turns to rock candy.
- ☐ Place the saucepan over medium to low heat until the sugars start to dissolve, 5 to 10 minutes. Then turn the heat up to medium-high and cook until the sugar starts to caramelize, 5 to 7 minutes. Do not stir while this is happening. You've got to watch the pot, because it goes from caramel to burnt really quickly. And be careful, the mixture is extremely hot!
- ☐ Turn off the heat and stand back to avoid splattering. Slowly add the cream. Don't panic – the cream will bubble violently, and the caramel will solidify. Just give it more time to liquefy again—trust me!
- ☐ Simmer over low heat, stirring constantly, until the caramel dissolves and the sauce is smooth, about 2 minutes. Allow the sauce to cool to room temperature, at least 4 hours. It will thicken as it sits.
- ☐ cups.
- ☐ In a bowl, whisk together the sugar and flour until all of the lumps are gone. Once it is a fine powder, whisk in the egg yolks and whole eggs and continue whisking until a smooth paste is formed. Slowly whisk in 1 cup milk, and once this is incorporated add the remaining 1 cup milk.
- ☐ Transfer the mixture to a saucepan and cook over medium heat, whisking constantly, until it reaches the thickness of chilled pudding, 10 to 15 minutes. (
- ☐ Mixture will just begin to bubble and will be thick enough to hold soft peaks when the whisk is lifted.)
- ☐ Remove from the heat and stir in the vanilla.

## Nutrition Facts



## Properties

Glycemic Index:54.37, Glycemic Load:48.94, Inflammation Score:-7, Nutrition Score:10.962608689847%

## Flavonoids

Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 679.87kcal (33.99%), Fat: 38.7g (59.54%), Saturated Fat: 23.3g (145.62%), Carbohydrates: 79.04g (26.35%), Net Carbohydrates: 77.57g (28.21%), Sugar: 69.52g (77.24%), Cholesterol: 249.44mg (83.15%), Sodium: 423.96mg (18.43%), Alcohol: 0.43g (100%), Alcohol %: 0.2% (100%), Protein: 8.1g (16.2%), Vitamin A: 1577.46IU (31.55%), Vitamin B2: 0.39mg (23.16%), Selenium: 14.78µg (21.11%), Phosphorus: 179.8mg (17.98%), Vitamin D: 2.48µg (16.52%), Vitamin B6: 0.3mg (15.17%), Calcium: 144.59mg (14.46%), Vitamin B12: 0.74µg (12.35%), Potassium: 376.03mg (10.74%), Vitamin B5: 1.06mg (10.64%), Folate: 41.85µg (10.46%), Manganese: 0.19mg (9.54%), Vitamin E: 1.31mg (8.73%), Vitamin B1: 0.13mg (8.42%), Magnesium: 29.24mg (7.31%), Zinc: 0.91mg (6.06%), Fiber: 1.47g (5.87%), Vitamin C: 4.84mg (5.86%), Iron: 0.94mg (5.23%), Vitamin B3: 0.78mg (3.89%), Copper: 0.08mg (3.82%), Vitamin K: 3.44µg (3.27%)