

Banana Custard Pie

Paula Macri - Gattuso's Bella Cucina
Treasure Coast Newspapers

1 cup mashed bananas (be sure that they are ripe)
2 teaspoons lemon juice
1/2 cup bisquick® baking mix
1/4 cup sugar
1 tablespoon butter, softened
1/2 teaspoon vanilla
2 large eggs
1 can (14 ounce) sweet condensed milk
3/4 cup Cool Whip
1/4 cup chopped walnuts, coarsely chopped

Preheat the oven to 375 degrees.

Mix the mashed bananas with the lemon juice and set aside.

In a medium bowl, stir together the Bisquick, sugar, butter, vanilla, eggs and condensed milk until well blended. Add the banana mixture and stir until blended together. Pour into a prepared pie plate.

Bake for 40 to 45 minutes or until golden brown and a knife inserted into the center comes out clean. Let cool.

Cover and refrigerate about two hours until chilled.

When ready to serve, spread the Cool Whip on the top and sprinkle with the walnuts. Store any unused portion in the refrigerator.

Per Serving (excluding unknown items): 1089 Calories; 48g Fat (38.5% calories from fat); 27g Protein; 147g Carbohydrate; 9g Dietary Fiber; 455mg Cholesterol; 960mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 3 1/2 Fruit; 7 1/2 Fat; 3 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1089	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	38.5%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	52.1%	Thiamin B1 (mg):	.5mg

% Calories from Protein:	9.5%
Total Fat (g):	48g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	14g
Cholesterol (mg):	455mg
Carbohydrate (g):	147g
Dietary Fiber (g):	9g
Protein (g):	27g
Sodium (mg):	960mg
Potassium (mg):	1305mg
Calcium (mg):	168mg
Iron (mg):	5mg
Zinc (mg):	3mg
Vitamin C (mg):	26mg
Vitamin A (i.u.):	1198IU
Vitamin A (r.e.):	275RE

Riboflavin B2 (mg):	.9mg
Folacin (mcg):	113mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	6
% Refuse:	n n%

Food Exchanges

Grain (Starch):	3
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	3 1/2
Non-Fat Milk:	0
Fat:	7 1/2
Other Carbohydrates:	3 1/2

Nutrition Facts

Amount Per Serving

Calories 1089 Calories from Fat: 419

% Daily Values*

Total Fat 48g	74%
Saturated Fat 12g	59%
Cholesterol 455mg	152%
Sodium 960mg	40%
Total Carbohydrates 147g	49%
Dietary Fiber 9g	34%
Protein 27g	
Vitamin A	24%
Vitamin C	44%
Calcium	17%
Iron	26%

* Percent Daily Values are based on a 2000 calorie diet.