

Banana Pie

Better Homes & Gardens magazine

Servings: 10

*5 egg yolks
3 cups whole milk
2/3 cup granulated sugar
1/3 cup cornstarch
2 teaspoons vanilla, divided
Kosher salt
4 medium ripe bananas
1 baked refrigerated pie crust
1 cup heavy cream
2 tablespoons powdered sugar
1 tablespoon creamy peanut butter
chopped peanuts*

Preparation Time: 30 minutes

For the pudding: In a large bowl, prepare an ice bath. In a small bowl, whisk the yolks lightly. In a large saucepan, whisk together the milk, granulated sugar, cornstarch and 1/2 teaspoon of Kosher salt. Cook and stir until thickened, whisking the mixture constantly.

Pour about half of the hot milk mixture in a thin stream into the egg yolks, whisking constantly. Return all to the saucepan. Cook and stir over medium-high heat for about 3 minutes or until thickened and bubbly.

Remove from the heat. Whisk in one tablespoon of the vanilla. Set the pan in the ice bath. Stir occasionally until cool. Transfer to a bowl. Cover the surface with plastic wrap. Chill for up to twenty-four hours.

To Assemble: Slice the bananas. Arrange a layer of slices in the bottom of the pie crust. Cover with a layer of pudding. Repeat with the remaining banana slices and pudding.

For the topping: In a bowl, whisk the cream, powdered sugar, peanut butter and remaining vanilla until stiff peaks form. Pile the topping onto the filling. Sprinkle with some peanuts.

Start to Finish Time: 2 hours 30 minutes

Per Serving (excluding unknown items): 328 Calories; 19g Fat (53.2% calories from fat); 5g Protein; 33g Carbohydrate; trace Dietary Fiber; 153mg Cholesterol; 129mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 3 1/2 Fat; 1 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	328
% Calories from Fat:	53.2%
% Calories from Carbohydrates:	40.7%
% Calories from Protein:	6.2%
Total Fat (g):	19g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	153mg
Carbohydrate (g):	33g
Dietary Fiber (g):	trace
Protein (g):	5g
Sodium (mg):	129mg
Potassium (mg):	137mg
Calcium (mg):	114mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	604IU
Vitamin A (r.e.):	176 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	17mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	3
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 328 **Calories from Fat:** 174

% Daily Values*

Total Fat 19g	30%
Saturated Fat 10g	51%
Cholesterol 153mg	51%
Sodium 129mg	5%
Total Carbohydrates 33g	11%
Dietary Fiber trace	0%
Protein 5g	
Vitamin A	12%
Vitamin C	1%
Calcium	11%
Iron	2%

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