

# Bourbon Caramel-Banana Cream Pie

*Holiday Desserts*

*Favorite Brand Name Recipes Vol. 8, No. 73*

## **Servings: 8**

*1 ready-to-use refrigerated pie crust  
1/4 cup butter  
3/4 cup packed brown sugar  
3 tablespoons bourbon  
1 package (3.4 ounce) JELL-O  
vanilla flavor instant pudding  
1 cup milk  
3/4 cup sour cream  
2 bananas  
1 cup whipped topping, thawed*

## **Preparation Time: 20 minutes**

Prepare and bake the crust in a nine-inch pie plate as directed on the package for a one-crust baked shell. Cool.

Melt the butter in a saucepan on medium heat. Add the sugar. Cook and stir for 3 minutes or until the sugar is melted. Remove from the heat. Stir in the bourbon. Cool.

Beat the dry pudding mix and milk in a medium bowl with a whisk for 2 minutes. Stir in the sour cream. Let stand for 5 minutes.

Meanwhile, slice the bananas. Place in a single layer on the bottom of the crust. Pour the bourbon caramel sauce over the bananas. Spoon the pudding mixture over the sauce. Top with the whipped topping.

Refrigerate for one hour.

Reserve one tablespoon of the caramel sauce and two banana slices to use as a garnish for the pie just before serving.

Start to Finish Time: 1 hour 20 minutes

*You can substitute two tablespoons of milk and two tablespoons of vanilla for the bourbon.*

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Per Serving (excluding unknown items): 263 Calories; 14g Fat (48.0% calories from fat); 2g Protein; 31g Carbohydrate; 1g Dietary Fiber; 29mg Cholesterol; 96mg Sodium. Exchanges: 1/2 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	263	Vitamin B6 (mg):	.2mg
% Calories from Fat:	48.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	48.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	10mcg
Saturated Fat (g):	9g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	13
Cholesterol (mg):	29mg	% Refuse:	n n%
Carbohydrate (g):	31g		
Dietary Fiber (g):	1g	<b>Food Exchanges</b>	
Protein (g):	2g	Grain (Starch):	0
Sodium (mg):	96mg	Lean Meat:	0
Potassium (mg):	269mg	Vegetable:	0
Calcium (mg):	83mg	Fruit:	1/2
Iron (mg):	1mg	Non-Fat Milk:	0
Zinc (mg):	trace	Fat:	2 1/2
Vitamin C (mg):	3mg	Other Carbohydrates:	1 1/2
Vitamin A (i.u.):	530IU		
Vitamin A (r.e.):	127RE		

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

Calories 263                      Calories from Fat: 126

### % Daily Values\*

<b>Total Fat</b>	14g	21%
Saturated Fat	9g	46%
<b>Cholesterol</b>	29mg	10%
<b>Sodium</b>	96mg	4%
<b>Total Carbohydrates</b>	31g	10%
Dietary Fiber	1g	3%
<b>Protein</b>	2g	
<b>Vitamin A</b>		11%
<b>Vitamin C</b>		5%
<b>Calcium</b>		8%
<b>Iron</b>		3%

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