



Avocado Pie

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



476 kcal

DESSERT

Ingredients

- ☐ 8 ounce cream cheese at room temperature
- ☐ 1.5 cups graham cracker crumbs
- ☐ 1 tablespoon granulated sugar
- ☐ 2 medium hass avocados
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 2.5 tablespoons juice of lime fresh
- ☐ 1 pinch salt
- ☐ 14 ounce condensed milk sweetened canned

☐ 5 tablespoons butter unsalted melted

Equipment

☐ bowl

☐ frying pan

☐ oven

☐ blender

☐ plastic wrap

☐ springform pan

Directions

☐ Make the crust: Preheat the oven to 350 degrees F.

☐ Brush an 8-inch springform pan with some of the melted butter.

☐ Mix the remaining butter with the graham cracker crumbs, sugar and salt in a bowl. Press the mixture into the bottom and up the sides of the prepared pan.

☐ Bake until golden brown, about 15 minutes. Cool completely on a rack.

☐ Make the filling: Halve and pit the avocados, then scoop out the flesh and chop.

☐ Transfer to a bowl, add the cream cheese and beat with a mixer on medium speed until smooth.

☐ Add the condensed milk, lime and lemon juices, and the salt and beat until fluffy, scraping the bowl as needed.

☐ Pour the filling into the crust, press a piece of plastic wrap directly on the surface and chill at least 4 hours.

☐ Remove the springform ring and slice the pie.

☐ Garnish with whipped cream or confectioners' sugar, if desired, and serve immediately (the top will start to brown as the pie sits).

☐ Photograph by Stephanie Foley

Nutrition Facts



 **PROTEIN 6.42%**  **FAT 55.31%**  **CARBS 38.27%**

Properties

Glycemic Index:34.01, Glycemic Load:26.79, Inflammation Score:-6, Nutrition Score:10.841739167338%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 475.96kcal (23.8%), Fat: 30.14g (46.37%), Saturated Fat: 14.26g (89.14%), Carbohydrates: 46.93g (15.64%), Net Carbohydrates: 43g (15.64%), Sugar: 33.66g (37.4%), Cholesterol: 64.31mg (21.44%), Sodium: 265.28mg (11.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Vitamin B2: 0.38mg (22.3%), Phosphorus: 216.78mg (21.68%), Calcium: 189.81mg (18.98%), Vitamin A: 807.74IU (16.15%), Fiber: 3.93g (15.72%), Selenium: 10.09µg (14.41%), Potassium: 503.58mg (14.39%), Folate: 57.25µg (14.31%), Vitamin B5: 1.25mg (12.51%), Vitamin K: 12.09µg (11.51%), Vitamin C: 8.81mg (10.68%), Vitamin E: 1.58mg (10.54%), Magnesium: 40.03mg (10.01%), Vitamin B6: 0.19mg (9.47%), Zinc: 1.25mg (8.32%), Vitamin B1: 0.12mg (8.2%), Vitamin B3: 1.61mg (8.06%), Iron: 1.06mg (5.9%), Copper: 0.12mg (5.8%), Vitamin B12: 0.3µg (4.93%), Manganese: 0.08mg (3.95%), Vitamin D: 0.23µg (1.54%)