



## Berry Ice Cream Pie

 Dairy Free

READY IN



175 min.

SERVINGS



8

CALORIES



491 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 1 tablespoon cornstarch
- 2 tablespoons orange juice
- 0.5 cup pecans finely chopped
- 6 oz raspberries fresh
- 8 servings raspberries
- 10 oz karo syrup frozen thawed
- 2 cups pineapple sherbet (1 pint)

- 3 tablespoons sugar
- 3 cups whipped cream ()
- 1.3 cups vanilla wafers (41 wafers)

## Equipment

- bowl
- sauce pan
- oven
- sieve
- measuring cup

## Directions

- Place ice cream and sherbet in refrigerator to soften.
- Place thawed raspberries in syrup in strainer over 2-cup glass measuring cup on counter to drain and save liquid for sauce.
- Heat oven to 375°F. In medium bowl, mix crust ingredients; press in bottom and up side of ungreased 9-inch glass pie plate.
- Bake 5 to 8 minutes or until edge just begins to brown. Cool completely, about 15 minutes.
- Scoop 1 1/2 cups ice cream into crust. In large bowl, fold drained raspberries into sherbet. Spoon over ice cream. Scoop remaining ice cream over top. Freeze at least 2 hours until firm.
- Meanwhile, in 1-quart saucepan, mix sugar and cornstarch. Stir in reserved raspberry liquid. Cook over medium heat, stirring constantly, until mixture becomes clear and thickened. Stir in orange juice; cool at room temperature at least 10 minutes before serving.
- Serve individual servings of pie with sauce. If desired, garnish with fresh raspberries. Cover and store pie in freezer, sauce in refrigerator.

## Nutrition Facts



PROTEIN 4.15%  FAT 35.4%  CARBS 60.45%

## Properties

Glycemic Index:46.64, Glycemic Load:26.43, Inflammation Score:-6, Nutrition Score:10.915217407372%

## Flavonoids

Cyanidin: 37.93mg, Cyanidin: 37.93mg, Cyanidin: 37.93mg, Cyanidin: 37.93mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.8mg, Pelargonidin: 0.8mg, Pelargonidin: 0.8mg, Pelargonidin: 0.8mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 491.38kcal (24.57%), Fat: 20.34g (31.3%), Saturated Fat: 6.39g (39.95%), Carbohydrates: 78.17g (26.06%), Net Carbohydrates: 71.15g (25.87%), Sugar: 54.72g (60.8%), Cholesterol: 22.32mg (7.44%), Sodium: 218.76mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.73%), Manganese: 0.86mg (43.02%), Vitamin C: 24.65mg (29.88%), Fiber: 7.02g (28.09%), Vitamin B2: 0.24mg (14.04%), Calcium: 134.71mg (13.47%), Phosphorus: 118.91mg (11.89%), Vitamin B1: 0.18mg (11.86%), Vitamin A: 518.29IU (10.37%), Folate: 38.99µg (9.75%), Magnesium: 36.72mg (9.18%), Copper: 0.18mg (8.97%), Potassium: 310.7mg (8.88%), Vitamin E: 1.18mg (7.84%), Zinc: 1.17mg (7.81%), Vitamin B5: 0.71mg (7.11%), Vitamin K: 6.73µg (6.41%), Vitamin B3: 1.11mg (5.56%), Iron: 0.84mg (4.69%), Vitamin B6: 0.09mg (4.68%), Vitamin B12: 0.25µg (4.14%), Selenium: 1.93µg (2.75%)