



Carrot Vanilla Bean Mascarpone Pie

 Vegetarian

READY IN



190 min.

SERVINGS



8

CALORIES



506 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons apple cider vinegar
- ☐ 0.1 teaspoon double-acting baking powder
- ☐ 2 large carrots peeled cut into 1 inch chunks
- ☐ 1 teaspoon cinnamon
- ☐ 3 ounces cream cheese chilled cubed (,)
- ☐ 1 cup t brown sugar dark
- ☐ 2 medium eggs
- ☐ 7.5 ounces flour all-purpose

- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 8 ounces mascarpone cheese
- ☐ 8 tablespoons butter unsalted chilled cubed (,)
- ☐ 1 vanilla pod split (seeds reserved, pod discarded)
- ☐ 1 teaspoon vanilla extract

Equipment

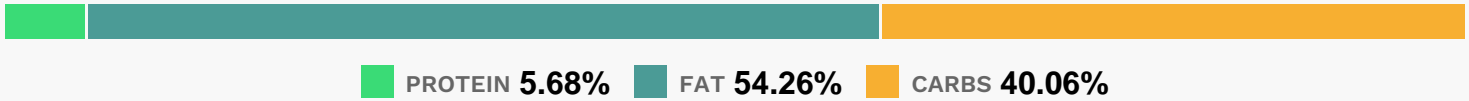
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ toothpicks
- ☐ stand mixer

Directions

- ☐ For the Crust: Pulse flour, salt, and baking powder in food processor until combined, about 10 short pulses.
- ☐ Add cream cheese and pulse until coarsely incorporated, about 8 short pulses.
- ☐ Add butter cubes and pulse until dough forms pea-sized balls, about 8 short pulses.
- ☐ Add cream, vanilla, and vinegar and continue to pulse until dough pulls away from sides, 8 to 12 short pulses.
- ☐ Transfer dough to a large sheet of plastic wrap and shape into a 1/4-inch thick disc. Cover with plastic wrap and refrigerator for at least 2 hours and up to three days hours.
- ☐ Remove from refrigerator and press into a 9-inch pie plate, using fingertips to form an even layer.
- ☐ For the Filling: Steam or simmer carrot pieces until completely tender, about 15 minutes.
- ☐ Transfer to a food processor or blender and blend until completely smooth, adding just as much water as necessary to allow it to process smoothly.

- ☐ Adjust oven rack to center position and preheat oven to 350°F. Using a handheld mixer and a large bowl or a stand mixer fitted with the paddle attachment, beat carrot puree and sugar on medium speed until blended.
- ☐ Add eggs one at a time until each is incorporated.
- ☐ Add vanilla seeds, cinnamon, and mascarpone, mixing until smooth.
- ☐ Pour filling into prepared crust.
- ☐ Bake until pie is set in the middle and a toothpick inserted in the center comes out clean, about 45 minutes.
- ☐ Let cool 15 minutes. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:35.73, Glycemic Load:15.43, Inflammation Score:-9, Nutrition Score:10.336521723996%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 506.02kcal (25.3%), Fat: 30.57g (47.03%), Saturated Fat: 18.53g (115.82%), Carbohydrates: 50.78g (16.93%), Net Carbohydrates: 49.42g (17.97%), Sugar: 28.23g (31.37%), Cholesterol: 114.34mg (38.11%), Sodium: 94.54mg (4.11%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 7.21g (14.41%), Vitamin A: 4011.87IU (80.24%), Selenium: 13.91µg (19.87%), Vitamin B1: 0.23mg (15.26%), Folate: 59.04µg (14.76%), Manganese: 0.28mg (13.83%), Vitamin B2: 0.23mg (13.46%), Calcium: 101.05mg (10.1%), Iron: 1.72mg (9.57%), Vitamin B3: 1.81mg (9.04%), Phosphorus: 76.43mg (7.64%), Fiber: 1.35g (5.42%), Vitamin E: 0.71mg (4.71%), Potassium: 161.26mg (4.61%), Vitamin B5: 0.46mg (4.57%), Vitamin B6: 0.07mg (3.74%), Vitamin K: 3.89µg (3.7%), Copper: 0.07mg (3.65%), Magnesium: 13.58mg (3.39%), Vitamin D: 0.49µg (3.27%), Zinc: 0.46mg (3.06%), Vitamin B12: 0.15µg (2.52%), Vitamin C: 1.09mg (1.33%)