



Easy Summer Pie

READY IN



40 min.

SERVINGS



12

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 11 ounce mandarin orange segments drained canned
- ☐ 8 ounce cream cheese softened
- ☐ 4 kiwi fruit peeled sliced
- ☐ 1 9-inch pie crust frozen thawed ()
- ☐ 1 cup raspberries fresh
- ☐ 1 cup strawberries fresh halved
- ☐ 0.3 cup sugar white

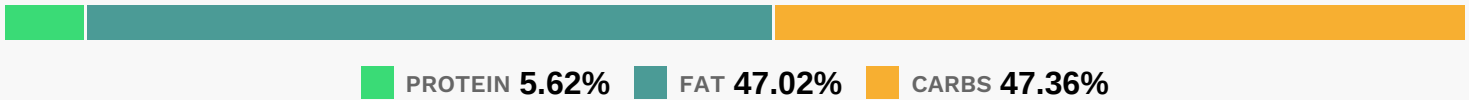
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ pizza pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Roll pastry into an 11 inch circle.
- ☐ Lay flat on a baking sheet or pizza pan. Prick several times with a fork.
- ☐ Bake in preheated oven for 12 to 15 minutes, until light brown.
- ☐ Remove and allow to cool completely.
- ☐ In a small mixing bowl, beat together cream cheese and sugar until mixture is creamy and smooth.
- ☐ Spread evenly onto cooled pastry. Arrange fruit in a decorative pattern over cream cheese layer. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:21.31, Glycemic Load:6.93, Inflammation Score:-6, Nutrition Score:7.6047826513%

Flavonoids

Cyanidin: 5.82mg, Cyanidin: 5.82mg, Cyanidin: 5.82mg, Cyanidin: 5.82mg Petunidin: 3.93mg, Petunidin: 3.93mg, Petunidin: 3.93mg, Petunidin: 3.93mg Delphinidin: 4.54mg, Delphinidin: 4.54mg, Delphinidin: 4.54mg, Delphinidin: 4.54mg Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg Pelargonidin: 3.08mg, Pelargonidin: 3.08mg, Pelargonidin: 3.08mg, Pelargonidin: 3.08mg Peonidin: 2.52mg, Peonidin: 2.52mg, Peonidin: 2.52mg, Peonidin: 2.52mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 207.24kcal (10.36%), Fat: 11.15g (17.15%), Saturated Fat: 5.19g (32.47%), Carbohydrates: 25.27g (8.42%), Net Carbohydrates: 22.45g (8.16%), Sugar: 13.38g (14.87%), Cholesterol: 19.09mg (6.36%), Sodium: 130.73mg (5.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3g (5.99%), Vitamin C: 42.34mg (51.32%), Vitamin K: 17.26µg (16.44%), Manganese: 0.26mg (13.02%), Vitamin A: 632.73IU (12.65%), Fiber: 2.82g (11.3%), Folate: 28.27µg (7.07%), Vitamin B1: 0.09mg (6.13%), Vitamin B2: 0.1mg (5.88%), Vitamin E: 0.86mg (5.76%), Phosphorus: 52.65mg (5.27%), Potassium: 179.58mg (5.13%), Copper: 0.09mg (4.47%), Vitamin B3: 0.85mg (4.26%), Iron: 0.75mg (4.18%), Magnesium: 16.41mg (4.1%), Selenium: 2.85µg (4.08%), Calcium: 40.45mg (4.05%), Vitamin B6: 0.07mg (3.31%), Vitamin B5: 0.29mg (2.94%), Zinc: 0.43mg (2.86%)