



## Fresh Fruit Cream Cheese Pie

READY IN



45 min.

SERVINGS



8

CALORIES



430 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 oz condensed milk) can condensed milk sweetened low fat eagle brand® canned
- 8 oz cream cheese softened
- 1 9-inch deep dish pie crust frozen ( )
- 8 servings strawberries fresh (blueberries, strawberries, bananas\*)
- 0.3 cup juice of lemon
- 1 teaspoon vanilla extract

### Equipment

- bowl

hand mixer

microwave

## Directions

BEAT cream cheese in large bowl with an electric mixer until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in lemon juice and vanilla.

Pour into baked pie crust. REFRIGERATE 3 hours or until set. Arrange fruit on top of pie. If coating berries, stir jam or jelly until smooth.

Brush berries with jam and serve. \*If using bananas, dip in lemon juice before placing on pie to keep them from turning brown. Do not coat with jam. VARIATIONS MIXED BERRY: COMBINE 1 pint each fresh raspberries and blueberries. Microwave 1 tablespoon Smucker's Apple Jelly or Seedles Red Raspberry jam on HIGH for 5 seconds; stir. Blend berries with melted jelly to coat evenly.

Spread over pie.

Garnish with fresh mint sprigs. TROPICAL FRUIT: Arrange 9 slices each fresh mango and papaya, 5 raspberries, 12 chunks of pineapple, 1 kiwi peeled and sliced and 1 (11 oz.) can mandarin oranges, drained over pie. Microwave 1 tablespoon Smucker's Apple Jelly or Orange Marmalade in the microwave on HIGH for 5 seconds; stir.

Brush arranged fruit with melted jelly to coat evenly.

## Nutrition Facts



**PROTEIN 7.39%** **FAT 41.83%** **CARBS 50.78%**

## Properties

Glycemic Index:8.38, Glycemic Load:3.69, Inflammation Score:-7, Nutrition Score:12.328695670418%

## Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg,

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## Nutrients (% of daily need)

Calories: 430.02kcal (21.5%), Fat: 20.19g (31.06%), Saturated Fat: 9.29g (58.06%), Carbohydrates: 55.13g (18.38%), Net Carbohydrates: 51.83g (18.85%), Sugar: 36.95g (41.06%), Cholesterol: 34.83mg (11.61%), Sodium: 239.94mg (10.43%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 8.02g (16.05%), Vitamin C: 88.61mg (107.4%), Manganese: 0.7mg (34.79%), Calcium: 180.88mg (18.09%), Folate: 60.9µg (15.22%), Fiber: 3.31g (13.22%), Vitamin A: 522.65IU (10.45%), Phosphorus: 84.95mg (8.49%), Potassium: 294.66mg (8.42%), Vitamin B2: 0.14mg (8.19%), Vitamin K: 8µg (7.62%), Vitamin B1: 0.11mg (7.18%), Iron: 1.27mg (7.05%), Vitamin E: 1.03mg (6.85%), Magnesium: 26.18mg (6.54%), Vitamin B3: 1.3mg (6.5%), Selenium: 4.3µg (6.14%), Vitamin B6: 0.1mg (5.08%), Copper: 0.1mg (4.93%), Vitamin B5: 0.46mg (4.57%), Zinc: 0.48mg (3.19%), Vitamin B12: 0.06µg (1.04%)