



Frozen Pineapple Cream Pie

READY IN

ready

275 min.

SERVINGS

servings

8

CALORIES

calories

560 kcal

DESSERT

Ingredients

- ☐ 4 egg yolks lightly beaten
- ☐ 1 envelope gelatin powder unflavored
- ☐ 2 cups heavy whipping cream
- ☐ 1 teaspoon juice of lemon
- ☐ 20 ounce pineapple in heavy syrup crushed undrained canned
- ☐ 1 package pie crust refrigerated
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water cold

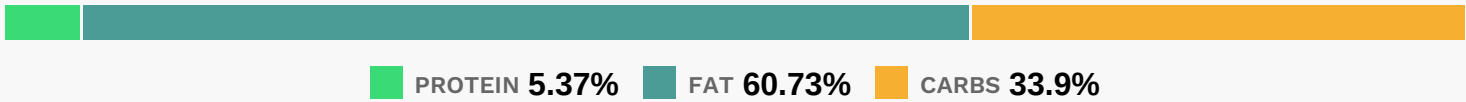
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Roll the pie crust on a floured surface into a 12-inch circle.
- ☐ Put the crust into a 9-inch deep-dish pie plate; fold the edges under and crimp. Prick the bottom and sides of the pie crust with a fork.
- ☐ Bake until the crust is lightly browned, about 10 to 12 minutes. Set aside to cool.
- ☐ In a small bowl, soften the gelatin in cold water; set aside.
- ☐ In the top of a double boiler, combine the eggs yolks and 1/3 cup of sugar.
- ☐ Add the undrained pineapple and lemon juice. Cook over simmering water, stirring occasionally, until slightly thickened, about 20 minutes.
- ☐ Remove from the heat; stir in the softened gelatin mixture and let cool for 30 minutes.
- ☐ In a medium bowl, beat the heavy cream with an electric mixer until foamy. With mixer running, gradually add the remaining 1/3 cup of sugar, 1 tablespoon at a time. Beat until soft peaks form, then fold it into the cooled pineapple mixture. Spoon the pineapple cream into the baked pie shell and freeze until set, about 4 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:5.82, Inflammation Score:-6, Nutrition Score:9.406086963156%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 560.31kcal (28.02%), Fat: 38.31g (58.94%), Saturated Fat: 19.04g (118.99%), Carbohydrates: 48.13g (16.04%), Net Carbohydrates: 45.83g (16.66%), Sugar: 20.23g (22.47%), Cholesterol: 164.43mg (54.81%), Sodium: 248.22mg (10.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Vitamin A: 1040.45IU (20.81%), Vitamin B1: 0.25mg (16.78%), Vitamin B2: 0.27mg (15.97%), Selenium: 10.64µg (15.2%), Folate: 57.95µg (14.49%), Manganese: 0.25mg (12.5%), Phosphorus: 114.56mg (11.46%), Iron: 1.95mg (10.82%), Vitamin D: 1.44µg (9.59%), Fiber: 2.3g (9.19%), Vitamin C: 7.26mg (8.8%), Vitamin B3: 1.73mg (8.64%), Copper: 0.15mg (7.57%), Calcium: 73.49mg (7.35%), Vitamin E: 1.05mg (6.98%), Vitamin B6: 0.13mg (6.67%), Vitamin B5: 0.65mg (6.45%), Vitamin K: 6.48µg (6.17%), Potassium: 208.52mg (5.96%), Magnesium: 23.8mg (5.95%), Vitamin B12: 0.27µg (4.51%), Zinc: 0.67mg (4.48%)