



## Grandma Inez's Pineapple Pie

READY IN



45 min.

SERVINGS



6

CALORIES



392 kcal

DESSERT

### Ingredients

- 2 tablespoons butter
- 8 oz pineapple crushed canned
- 0.3 cup cornstarch
- 0.3 teaspoon cream of tartar
- 2 egg whites
- 2 egg yolk for meringue (save whites )
- 19-inch pie crust dough
- 0.1 teaspoon salt
- 0.3 cup sugar

- 0.8 cup sugar
- 0.5 teaspoon vanilla
- 1 teaspoon vanilla
- 0.5 cup water

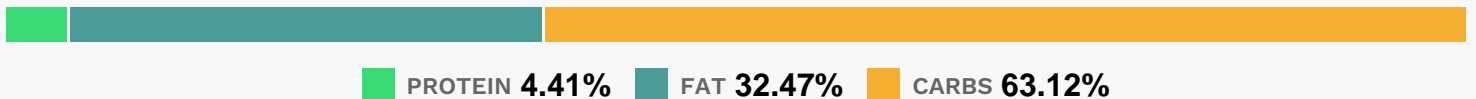
## Equipment

- sauce pan
- hand mixer
- stove

## Directions

- To make the pie, cream sugar, butter, and egg yolks in a medium saucepan with a hand-held electric mixer. Blend in cornstarch and vanilla.
- Add water and crushed pineapple with its juice; blend once more.
- Transfer saucepan to the stove and cook over med heat, stirring constantly until thick.
- Pour into 9 baked pastry. To make the meringue, Whip egg whites until they begin to get foamy.
- Add remaining ingredients and continue to whip until the meringue has reached soft peak stage and is smooth and glossy.
- Place meringue over cooled pie. Brown at 400 for just a few min. Store in fridge.

## Nutrition Facts



## Properties

Glycemic Index:31.7, Glycemic Load:23.27, Inflammation Score:-2, Nutrition Score:4.7795652173913%

## Taste

Sweetness: 100%, Saltiness: 15.66%, Sourness: 19.21%, Bitterness: 15.17%, Savoriness: 8.61%, Fattiness: 34.55%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 391.62kcal (19.58%), Fat: 14.23g (21.9%), Saturated Fat: 5.7g (35.59%), Carbohydrates: 62.27g (20.76%), Net Carbohydrates: 60.88g (22.14%), Sugar: 38.89g (43.21%), Cholesterol: 74.83mg (24.94%), Sodium: 236.76mg (10.29%), Alcohol: 0.34g (1.91%), Protein: 4.35g (8.7%), Selenium: 7.86µg (11.22%), Vitamin B1: 0.14mg (9.44%), Vitamin B2: 0.15mg (8.77%), Folate: 34.52µg (8.63%), Manganese: 0.16mg (7.98%), Iron: 1.2mg (6.68%), Fiber: 1.39g (5.56%), Phosphorus: 53.66mg (5.37%), Vitamin B3: 1.03mg (5.13%), Vitamin A: 222.37IU (4.45%), Vitamin C: 3.55mg (4.31%), Copper: 0.08mg (4.12%), Potassium: 126.16mg (3.6%), Vitamin B5: 0.34mg (3.39%), Vitamin B6: 0.07mg (3.35%), Magnesium: 12.7mg (3.17%), Vitamin K: 3.07µg (2.92%), Vitamin E: 0.42mg (2.83%), Calcium: 23.16mg (2.32%), Zinc: 0.34mg (2.3%), Vitamin B12: 0.13µg (2.23%), Vitamin D: 0.32µg (2.16%)