



Grapefruit Chess Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1962 kcal

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 4 eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup grapefruit juice fresh
- ☐ 1 tablespoon juice of lemon
- ☐ 1 pieces lime rind and lime if desired sweetened
- ☐ 2 teaspoons grapefruit rind grated
- ☐ 0.3 cup milk
- ☐ 15 inch piecrust refrigerated
- ☐ 0.3 teaspoon salt

- ☐ 1.5 cups sugar
- ☐ 1 tablespoon cornmeal yellow

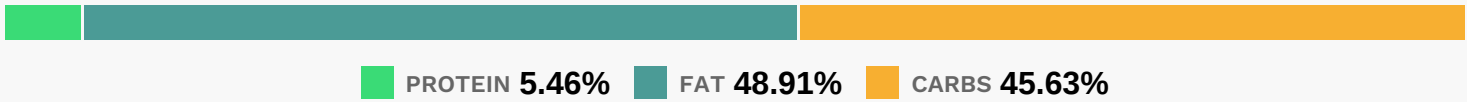
Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Unfold piecrusts; stack piecrusts on a lightly floured surface.
- ☐ Roll into one 12-inch circle. Fit piecrusts into a 9-inch pieplate according to package directions; fold edges under, and crimp.
- ☐ Bake piecrust at 450 for 8 minutes; cool on a wire rack.
- ☐ Whisk together sugar and next 9 ingredients until blended.
- ☐ Pour into piecrust.
- ☐ Bake at 350 for 40 to 45 minutes or until center is set, shielding edges of crust with aluminum foil after 20 minutes to prevent excessive browning. Cool on a wire rack.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:44.32, Glycemic Load:27.9, Inflammation Score:-7, Nutrition Score:28.230434956758%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1961.76kcal (98.09%), Fat: 106.3g (163.54%), Saturated Fat: 32.74g (204.62%), Carbohydrates: 223.12g (74.37%), Net Carbohydrates: 213.58g (77.67%), Sugar: 39.03g (43.37%), Cholesterol: 83.72mg (27.91%), Sodium: 1708.95mg (74.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.37%), Manganese: 1.68mg (84.02%), Vitamin B1: 1.06mg (70.48%), Folate: 275.71µg (68.93%), Iron: 10.3mg (57.22%), Vitamin B3: 10.32mg (51.6%), Vitamin B2: 0.77mg (45.08%), Selenium: 29.08µg (41.54%), Fiber: 9.53g (38.13%), Phosphorus: 330.01mg (33%), Vitamin K: 27.49µg (26.18%), Vitamin B5: 1.92mg (19.21%), Magnesium: 62.88mg (15.72%), Copper: 0.31mg (15.26%), Vitamin E: 2.19mg (14.62%), Zinc: 2.11mg (14.1%), Potassium: 435.69mg (12.45%), Vitamin B6: 0.24mg (12.14%), Calcium: 96.96mg (9.7%), Vitamin A: 390.3IU (7.81%), Vitamin B12: 0.27µg (4.51%), Vitamin C: 3.38mg (4.1%), Vitamin D: 0.53µg (3.5%)