



Green Grape Pie

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



323 kcal

DESSERT

Ingredients

- 6 tablespoons butter melted
- 1 tablespoon cornstarch
- 2 cups graham cracker crumbs
- 2.3 pounds grapes green seedless
- 1 tablespoon juice of lemon
- 1 cup heavy whipping cream sour
- 1 teaspoon vanilla extract
- 0.3 cup water cold

4 teaspoons sugar white

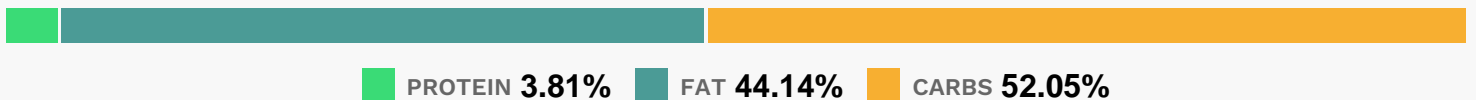
Equipment

- bowl
- sauce pan
- oven
- pie form

Directions

- Preheat oven to 350 degrees F (175 degrees C.) In a medium bowl, mix graham cracker crumbs, 1/4 cup sugar and melted butter until well blended. Reserve 1/4 cup of crumb mixture and set aside. Press remaining mixture into a 9 inch deep dish pie pan.
- Bake in preheated oven for 8 to 10 minutes, or until lightly browned. Allow to cool.
- In a saucepan, dissolve cornstarch and 2/3 cup sugar in 1/4 cup cold water. Stir in grapes and bring to boil, stirring constantly. Reduce heat and simmer for 5 minutes.
- Remove from heat and stir in the lemon juice. Allow to cool. Spoon filling into the baked and cooled crust.
- In a small bowl, combine sour cream, 4 teaspoons sugar and 1 teaspoon vanilla.
- Mix well and spread over pie.
- Sprinkle with reserved crumb mixture.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:22.81, Inflammation Score:-4, Nutrition Score:6.3013044388398%

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: 322.64kcal (16.13%), Fat: 16.41g (25.24%), Saturated Fat: 8.7g (54.36%), Carbohydrates: 43.53g (14.51%), Net Carbohydrates: 41.65g (15.15%), Sugar: 27.7g (30.77%), Cholesterol: 39.54mg (13.18%), Sodium: 217.91mg (9.47%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 3.19g (6.37%), Vitamin K: 19.79µg (18.85%), Vitamin B2: 0.19mg (11.34%), Vitamin A: 525.82IU (10.52%), Vitamin B1: 0.14mg (9.51%), Phosphorus: 92.61mg (9.26%), Potassium: 322.03mg (9.2%), Copper: 0.18mg (8.8%), Iron: 1.36mg (7.54%), Fiber: 1.88g (7.51%), Vitamin B6: 0.14mg (7.19%), Magnesium: 24.68mg (6.17%), Vitamin C: 5.07mg (6.14%), Calcium: 61.33mg (6.13%), Vitamin B3: 1.07mg (5.34%), Manganese: 0.1mg (4.79%), Zinc: 0.6mg (4.03%), Vitamin E: 0.6mg (3.99%), Folate: 14.63µg (3.66%), Selenium: 1.34µg (1.91%), Vitamin B5: 0.17mg (1.75%), Vitamin B12: 0.08µg (1.3%)