



Impossibly Easy Apricot Pie

 Gluten Free

READY IN



115 min.

SERVINGS



8

CALORIES



167 kcal

DESSERT

Ingredients

- 1 cup evaporated milk
- 0.5 cup sugar
- 2 tablespoons butter
- 1 teaspoon vanilla
- 2 eggs
- 8.3 ounces apricots mashed drained canned
- 0.3 cup apricot preserves
- 1 serving garnish: whipped cream sweetened

0.5 cup frangelico

Equipment

oven

knife

Directions

Heat oven to 350°F. Grease 9-inch pie plate. Stir together all ingredients except preserves and whipped cream until blended.

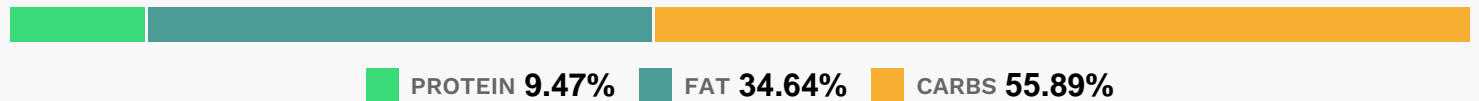
Pour into pie plate.

Bake 35 to 40 minutes or until knife inserted in center comes out clean. Cool completely, about 1 hour.

Heat preserves over low heat until melted; spread over pie. Cool.

Garnish with whipped cream. Cover and refrigerate any remaining pie.

Nutrition Facts



Properties

Glycemic Index:20.84, Glycemic Load:9.89, Inflammation Score:-5, Nutrition Score:4.3113043878389%

Flavonoids

Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 166.84kcal (8.34%), Fat: 6.58g (10.12%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 23.28g (8.47%), Sugar: 21.71g (24.12%), Cholesterol: 50.63mg (16.88%), Sodium: 85.49mg (3.72%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 4.05g (8.1%), Vitamin A: 843.25IU (16.86%), Vitamin B2: 0.17mg (9.87%), Calcium: 95.64mg (9.56%), Phosphorus: 94.17mg (9.42%), Selenium: 4.36µg (6.23%), Potassium: 195.6mg (5.59%), Vitamin C: 4.18mg (5.07%), Vitamin B5: 0.45mg (4.47%), Vitamin E: 0.55mg (3.66%), Magnesium: 12.35mg (3.09%), Zinc: 0.45mg (3.01%), Vitamin B6: 0.05mg (2.62%), Folate: 10.45µg (2.61%), Vitamin B12: 0.15µg (2.57%), Fiber: 0.61g (2.43%), Iron: 0.41mg (2.28%), Copper: 0.04mg (2.22%), Vitamin B1: 0.03mg (1.91%), Vitamin D: 0.25µg (1.7%), Manganese: 0.03mg (1.6%), Vitamin B3: 0.25mg (1.25%), Vitamin K: 1.2µg (1.14%)