



Impossibly Easy Apricot Pie

 Gluten Free

READY IN



115 min.

SERVINGS



8

CALORIES



180 kcal

DESSERT

Ingredients

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

- ☐ 0.5 cup frangelico
- ☐ 0.5 cup frangelico

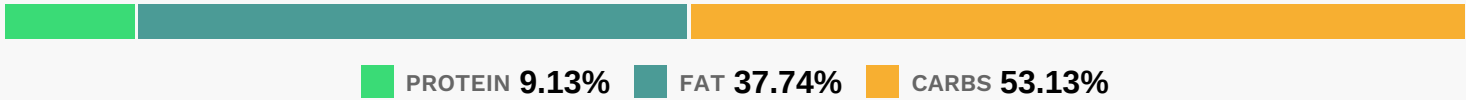
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 350F. 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:10.25, Inflammation Score:-5, Nutrition Score:4.4734782861627%

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: 180.33kcal (9.02%), Fat: 7.75g (11.92%), Saturated Fat: 3.21g (20.08%), Carbohydrates: 24.54g (8.18%), Net Carbohydrates: 23.94g (8.7%), Sugar: 22.13g (24.59%), Cholesterol: 54.62mg (18.2%), Sodium: 85.91mg (3.74%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 4.22g (8.43%), Vitamin A: 879.21IU (17.58%), Calcium: 100.94mg (10.09%), Vitamin B2: 0.17mg (10.07%), Phosphorus: 98.85mg (9.88%), Selenium: 4.44µg (6.34%), Potassium: 203.32mg (5.81%), Vitamin C: 4.18mg (5.07%), Vitamin B5: 0.46mg (4.63%), Vitamin E: 0.58mg (3.88%), Magnesium: 12.92mg (3.23%), Zinc: 0.47mg (3.14%), Vitamin B12: 0.17µg (2.82%), Vitamin B6: 0.05mg (2.73%),

Folate: 10.61µg (2.65%), Fiber: 0.61g (2.43%), Iron: 0.41mg (2.29%), Copper: 0.05mg (2.25%), Vitamin B1: 0.03mg (2.04%), Vitamin D: 0.28µg (1.84%), Manganese: 0.03mg (1.61%), Vitamin B3: 0.25mg (1.27%), Vitamin K: 1.3µg (1.24%)