



## Mango Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



526 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 3 egg yolk
- ☐ 2.5 cups apricot-mango nectar
- ☐ 15 ounce pie crust dough refrigerated
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 slices mint leaves fresh

☐ 1 cup whipping cream

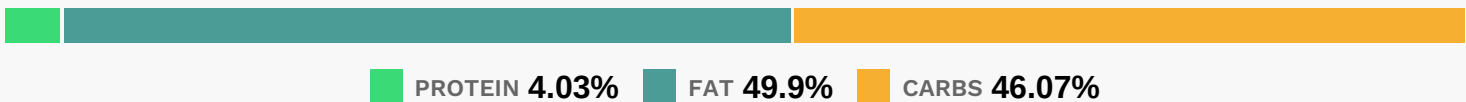
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Fit piecrust into a 9-inch pieplate according to package directions; fold edges under and crimp.
- ☐ Bake at 425 for 7 minutes or until lightly browned; cool.
- ☐ Combine nectar and next 5 ingredients in a medium saucepan. Bring to a boil over medium heat, whisking constantly; boil, whisking constantly, 1 minute or until mixture thickens.
- ☐ Remove from heat.
- ☐ Stir in butter and vanilla. Cover tightly with plastic wrap, and cool to room temperature. Spoon mixture into prepared piecrust; cover and chill 8 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:-7, Nutrition Score:7.8691304248312%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 525.73kcal (26.29%), Fat: 29.32g (45.1%), Saturated Fat: 12.42g (77.63%), Carbohydrates: 60.89g (20.3%), Net Carbohydrates: 59.27g (21.55%), Sugar: 29.44g (32.71%), Cholesterol: 106.52mg (35.51%), Sodium: 302.71mg

(13.16%), Alcohol: 0.26g (100%), Alcohol %: 0.17% (100%), Protein: 5.33g (10.66%), Vitamin A: 1208.48IU (24.17%), Vitamin C: 12.15mg (14.72%), Folate: 53.92µg (13.48%), Manganese: 0.27mg (13.39%), Selenium: 8.28µg (11.83%), Vitamin B2: 0.19mg (11.19%), Vitamin B1: 0.17mg (11.13%), Iron: 1.92mg (10.67%), Phosphorus: 85.06mg (8.51%), Vitamin B3: 1.52mg (7.62%), Fiber: 1.62g (6.49%), Vitamin E: 0.97mg (6.44%), Vitamin D: 0.84µg (5.6%), Vitamin B5: 0.55mg (5.51%), Calcium: 53.53mg (5.35%), Vitamin K: 5.51µg (5.24%), Vitamin B6: 0.07mg (3.65%), Magnesium: 13.2mg (3.3%), Zinc: 0.49mg (3.26%), Copper: 0.07mg (3.25%), Potassium: 109.84mg (3.14%), Vitamin B12: 0.18µg (3.05%)