



Mango Pie

READY IN



45 min.

SERVINGS



12

CALORIES



274 kcal

DESSERT

Ingredients

- 0.7 cup brown sugar packed
- 1 tablespoon butter chilled cut into small pieces
- 5 tablespoons butter chilled cut into small pieces
- 3 tablespoons cornstarch
- 2 tablespoons candied ginger chopped
- 1.5 teaspoons skim milk fat-free
- 2.5 cups flour all-purpose
- 1 tablespoon granulated sugar
- 10 tablespoon water

- 4.5 cups mangos () (4 medium)
- 0.5 teaspoon salt
- 3 tablespoons shortening chilled

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- blender
- plastic wrap
- aluminum foil
- measuring cup

Directions

- To prepare crust, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and salt, stirring well with a whisk.
- Cut in 5 tablespoons butter and shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add water, stirring just until moist. Divide dough into two equal portions. Gently press each portion into a 4-inch circle on a sheet of plastic wrap; cover. Chill 30 minutes.
- Preheat oven to 42
- Unwrap dough; place 1 portion chilled dough on a lightly floured surface.
- Roll dough into a 12-inch circle. Fit dough into a 10-inch deep-dish pie plate coated with cooking spray.
- To prepare filling, combine 2/3 cup brown sugar and cornstarch in a large bowl, stirring well with a whisk.
- Add mango; toss to coat.

- Add mango mixture to prepared pie plate; sprinkle evenly with 1 tablespoon butter.
- Unwrap dough; place remaining chilled dough portion on a lightly floured surface.
- Roll dough into a 12-inch circle. Fit dough over mango mixture. Press edges of dough together. Fold edges under; flute.
- Cut several slits in top of dough to allow steam to escape.
- To prepare topping, brush top of dough with milk.
- Combine ginger and granulated sugar; sprinkle evenly over dough.
- Place pie plate on a foil-lined baking sheet; bake at 425 for 20 minutes. Reduce oven temperature to 375; bake an additional 30 minutes or until pie is golden brown. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:19.38, Inflammation Score:-7, Nutrition Score:7.6630434285363%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 273.88kcal (13.69%), Fat: 9.37g (14.42%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 45.31g (15.1%), Net Carbohydrates: 43.6g (15.86%), Sugar: 22.7g (25.22%), Cholesterol: 15.07mg (5.02%), Sodium: 147.92mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin C: 22.52mg (27.3%), Folate: 74.61µg (18.65%), Vitamin A: 845.69IU (16.91%), Vitamin B1: 0.22mg (14.87%), Selenium: 9.49µg (13.56%), Manganese: 0.23mg (11.29%), Vitamin B3: 1.97mg (9.84%), Vitamin B2: 0.16mg (9.15%), Iron: 1.41mg (7.82%), Fiber: 1.71g (6.84%), Vitamin E: 0.93mg (6.21%), Copper: 0.12mg (5.75%), Vitamin K: 4.87µg (4.64%), Vitamin B6: 0.09mg (4.54%), Potassium: 150.89mg (4.31%), Phosphorus: 39.89mg (3.99%), Magnesium: 13.42mg (3.35%), Vitamin B5: 0.28mg (2.84%), Calcium: 23.88mg (2.39%), Zinc: 0.25mg (1.69%)