



## Millionaire Pie

READY IN



10 min.

SERVINGS



6

CALORIES



657 kcal

DESSERT

### Ingredients

- 16 oz pineapple crushed drained canned
- 2 cups confectioners' sugar sifted
- 1 large eggs
- 1 cup heavy whipping cream
- 0.3 cup pecans toasted chopped
- 1 pie crust store bought (like a Keebler type)
- 0.1 teaspoon salt unsalted (only if using butter)
- 4 ounces butter unsalted softened (1 stick)
- 1 teaspoon vanilla extract

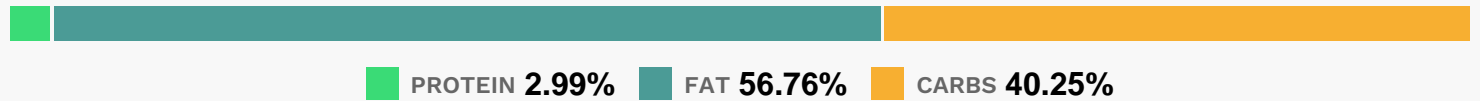
# Equipment

bowl

# Directions

- Prepare the crust as directed on the package and let cool. Beat the whipping cream until soft peaks form. Beat in the vanilla and the sugar. Fold in the pineapple. Set aside. In a second bowl, beat the butter and 2 cups confectioners' sugar until creamy. Beat in the vanilla, egg and salt.
- Spread the butter mixture over bottom of the shell, then spread the pineapple mixture over the butter mixture.
- Sprinkle top with toasted pecans. Chill overnight.

# Nutrition Facts



# Properties

Glycemic Index:1.67, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:8.2626085696013%

# Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

# Nutrients (% of daily need)

Calories: 657.25kcal (32.86%), Fat: 42.36g (65.16%), Saturated Fat: 21.84g (136.49%), Carbohydrates: 67.58g (22.53%), Net Carbohydrates: 65.31g (23.75%), Sugar: 51.43g (57.14%), Cholesterol: 116.68mg (38.89%), Sodium: 142.13mg (6.18%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 5.02g (10.05%), Vitamin A: 1144.48IU (22.89%), Manganese: 0.4mg (20.22%), Vitamin B1: 0.21mg (13.82%), Vitamin B2: 0.2mg (11.72%), Copper: 0.19mg (9.57%), Fiber: 2.27g (9.09%), Selenium: 6.33µg (9.04%), Vitamin C: 7.41mg (8.98%), Phosphorus: 86.57mg (8.66%), Folate: 31.02µg (7.75%), Vitamin E: 1.12mg (7.49%), Iron: 1.32mg (7.31%), Vitamin D: 1.09µg (7.24%), Magnesium: 27.15mg (6.79%), Potassium: 201.58mg (5.76%), Calcium: 57.6mg (5.76%), Vitamin B6: 0.11mg (5.62%), Vitamin B3: 1.09mg (5.47%), Vitamin K: 5.43µg (5.18%), Zinc: 0.7mg (4.68%), Vitamin B5: 0.42mg (4.17%), Vitamin B12: 0.17µg

(2.83%)