



Mincemeat Ice-Cream Pie



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



543 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 0.1 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 9 ounce mincemeat dry
- 1 tablespoon orange rind grated
- 1.8 cups pecans finely chopped
- 8 servings garnishes: pecans toasted chopped

- 1 tablespoon sugar
- 1 quart whipped cream softened
- 0.5 cup water

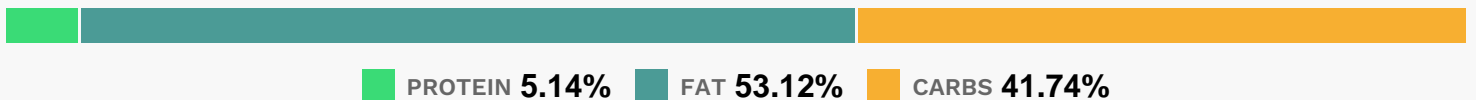
Equipment

- sauce pan
- oven
- wire rack

Directions

- Stir together first 3 ingredients; press into bottom of a well-greased 9-inch pieplate.
- Bake at 350 for 10 minutes. Cool on a wire rack.
- Bring mincemeat and 1/2 cup water to a boil in a small saucepan; boil 3 minutes. Cool.
- Spread mixture into crust.
- Stir together ice cream and next 4 ingredients; spread over mincemeat. Freeze 8 hours.
- Remove from freezer, and let stand 20 minutes before serving.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20.76, Glycemic Load:17.7, Inflammation Score:-5, Nutrition Score:12.033043617788%

Flavonoids

Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg

Nutrients (% of daily need)

Calories: 543kcal (27.15%), Fat: 33.03g (50.82%), Saturated Fat: 10.1g (63.12%), Carbohydrates: 58.4g (19.47%), Net Carbohydrates: 53.36g (19.4%), Sugar: 49.06g (54.52%), Cholesterol: 52.05mg (17.35%), Sodium: 306.63mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.39%), Manganese: 1.46mg (73.22%), Fiber: 5.04g (20.16%), Phosphorus: 192.68mg (19.27%), Calcium: 191.77mg (19.18%), Vitamin B2: 0.32mg (18.71%), Copper: 0.32mg (16.2%), Vitamin B1: 0.21mg (13.84%), Zinc: 1.94mg (12.93%), Vitamin A: 645.99IU (12.92%), Magnesium: 47.24mg (11.81%), Potassium: 346.3mg (9.89%), Vitamin B5: 0.91mg (9.07%), Vitamin B12: 0.46µg (7.75%), Vitamin E: 0.85mg (5.65%), Vitamin B6: 0.11mg (5.61%), Iron: 0.9mg (5.01%), Selenium: 3.15µg (4.5%), Folate: 11.56µg (2.89%), Vitamin C: 2.09mg (2.53%), Vitamin B3: 0.46mg (2.29%), Vitamin K: 1.83µg (1.75%), Vitamin D: 0.24µg (1.58%)