



Mountainous Mandarin Pie

READY IN



20 min.

SERVINGS



8

CALORIES



421 kcal

Ingredients

- 15 ounces mandarin oranges drained canned
- 19-inch chocolate pie crust (es)
- 8 ounces cream cheese softened
- 0.5 cup orange juice concentrate thawed
- 1 drop food coloring red
- 1 teaspoon shortening
- 0.5 cup cream sour
- 14 ounces condensed milk sweetened canned
- 1 ounce baker's chocolate unsweetened
- 8 ounces non-dairy whipped topping frozen thawed

2 drops food coloring yellow

Equipment

bowl

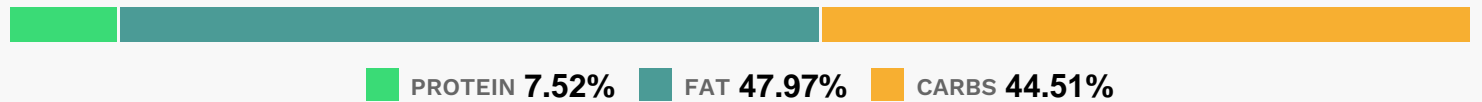
microwave

Directions

In a large bowl, beat cream cheese until fluffy. Beat in the milk, orange juice concentrate, sour cream and food coloring if desired until smooth. Fold in whipped topping. Spoon half into crust. Set eight mandarin orange segments aside. Arrange remaining oranges over filling. Top with remaining filling and reserved oranges.

In a microwave, melt chocolate and shortening; stir until smooth. Cool slightly; drizzle over pie. Chill for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:16.89, Inflammation Score:-8, Nutrition Score:11.911304243233%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 420.72kcal (21.04%), Fat: 23.13g (35.59%), Saturated Fat: 14.43g (90.16%), Carbohydrates: 48.3g (16.1%), Net Carbohydrates: 46.9g (17.05%), Sugar: 44.96g (49.96%), Cholesterol: 54.55mg (18.18%), Sodium: 182.3mg (7.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.31%), Vitamin C: 45.18mg (54.76%), Vitamin A: 1388.4IU (27.77%), Calcium: 219.75mg (21.98%), Vitamin B2: 0.37mg (21.92%), Phosphorus: 218.78mg (21.88%), Selenium: 11.56µg (16.52%), Potassium: 481.59mg (13.76%), Vitamin B1: 0.16mg (10.73%), Magnesium: 42.56mg (10.64%), Zinc: 1.34mg (8.9%), Copper: 0.16mg (8.24%), Manganese: 0.16mg (8.19%), Vitamin B5: 0.69mg (6.92%), Folate: 27.13µg (6.78%), Vitamin B6: 0.12mg (6.14%), Vitamin B12: 0.37µg (6.13%), Fiber: 1.41g (5.62%), Iron: 0.99mg (5.48%), Vitamin E: 0.76mg (5.05%), Vitamin B3: 0.65mg (3.26%), Vitamin K: 2.76µg (2.63%)