



Pineapple Chess Pie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

DESSERT

Ingredients

- 4 tablespoons butter
- 2 tablespoons cornmeal
- 4 eggs
- 0.3 cup juice of lemon
- 0.3 cup milk
- 8 ounce pineapple in heavy syrup crushed canned
- 1.5 cups sugar white

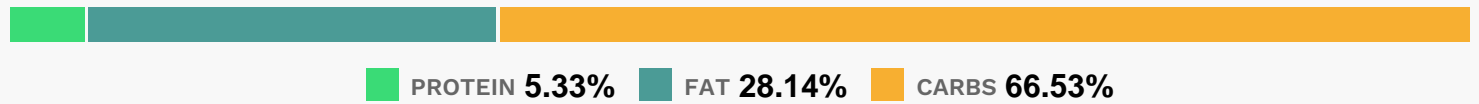
Equipment

oven

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Mix the white sugar, corn meal, eggs, melted butter or margarine, lemon juice and the undrained crushed pineapple mixed with enough milk to make 3/4 cup. Do not over beat.
- Pour filling into one 9 inch unbaked pie shell.
- Bake pie at 425 degrees F (220 degrees C) for 10 minutes. Reduce heat to 350 degrees F (175 degrees C) and continue baking until set and golden. This should take about 40 minutes.
- Serve pie at room temperature.

Nutrition Facts



Properties

Glycemic Index:28.32, Glycemic Load:27.45, Inflammation Score:-2, Nutrition Score:3.8147825728292%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 260.41kcal (13.02%), Fat: 8.41g (12.94%), Saturated Fat: 4.51g (28.17%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 44.12g (16.04%), Sugar: 42.27g (46.97%), Cholesterol: 98.11mg (32.7%), Sodium: 80.95mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Selenium: 7.51µg (10.73%), Vitamin B2: 0.13mg (7.85%), Vitamin C: 5.62mg (6.81%), Vitamin A: 324.83IU (6.5%), Phosphorus: 63.73mg (6.37%), Vitamin B12: 0.26µg (4.38%), Vitamin B6: 0.08mg (4.17%), Vitamin B5: 0.41mg (4.08%), Vitamin D: 0.55µg (3.68%), Folate: 14.34µg (3.59%), Vitamin B1: 0.05mg (3.54%), Calcium: 32.02mg (3.2%), Iron: 0.57mg (3.14%), Zinc: 0.45mg (2.97%), Magnesium: 11.38mg (2.85%), Potassium: 99.1mg (2.83%), Vitamin E: 0.42mg (2.83%), Copper: 0.06mg (2.81%), Fiber: 0.63g (2.51%), Manganese: 0.03mg (1.25%)