



Pineapple Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



562 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 teaspoons butter softened
- ☐ 20 ounce pineapple crushed drained canned
- ☐ 0.3 cup confectioners' sugar
- ☐ 0.3 cup cornstarch
- ☐ 4 egg yolks beaten
- ☐ 1.3 cups graham cracker crumbs
- ☐ 2 cups heavy whipping cream
- ☐ 0.3 cup butter melted

- ☐ 3 cups milk
- ☐ 0.5 teaspoon salt
- ☐ 4 teaspoons vanilla extract
- ☐ 0.7 cup sugar white

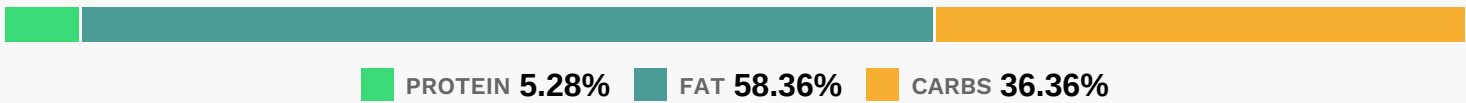
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap

Directions

- ☐ In a medium bowl, mix together graham cracker crumbs, 1/4 cup white sugar, and melted butter. Press mixture firmly in bottom of a 9 inch pie plate.
- ☐ Bake at 375 degrees F (190 degrees C) for 6 to 8 minutes.
- ☐ Combine 2/3 cup white sugar, cornstarch, and salt in saucepan. Blend milk and egg yolks; gradually stir into sugar mixture. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.
- ☐ Remove from heat, and stir in butter, vanilla, and pineapple.
- ☐ Pour into crust. Press plastic wrap over top of filling. Chill at least 2 hours.
- ☐ In a large mixing bowl, combine whipping cream, confectioners' sugar, and almond extract. Whip to stiff peaks and pipe or spoon onto pie.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:20.33, Inflammation Score:-7, Nutrition Score:10.114347722219%

Nutrients (% of daily need)

Calories: 561.8kcal (28.09%), Fat: 36.87g (56.72%), Saturated Fat: 18.68g (116.75%), Carbohydrates: 51.68g (17.23%), Net Carbohydrates: 50.28g (18.28%), Sugar: 39.9g (44.33%), Cholesterol: 178.1mg (59.37%), Sodium: 385.73mg (16.77%), Alcohol: 0.77g (100%), Alcohol %: 0.35% (100%), Protein: 7.51g (15.02%), Vitamin A: 1557.66IU (31.15%), Vitamin B2: 0.34mg (20.12%), Phosphorus: 196.63mg (19.66%), Calcium: 188.89mg (18.89%), Vitamin D: 2.44µg (16.3%), Selenium: 9.09µg (12.99%), Vitamin B12: 0.78µg (12.94%), Vitamin B1: 0.18mg (12.16%), Potassium: 322.86mg (9.22%), Vitamin B6: 0.18mg (8.79%), Magnesium: 34.67mg (8.67%), Vitamin C: 7.04mg (8.53%), Vitamin E: 1.16mg (7.74%), Vitamin B5: 0.77mg (7.72%), Zinc: 1.06mg (7.06%), Folate: 25.23µg (6.31%), Iron: 1.08mg (6%), Fiber: 1.4g (5.61%), Copper: 0.1mg (4.97%), Vitamin B3: 0.85mg (4.23%), Vitamin K: 2.83µg (2.69%)