



Pineapple Grits Pie

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



153 kcal

DESSERT

Ingredients

- ☐ 8 ounce pineapple crushed drained canned
- ☐ 8 ounce cream cheese softened
- ☐ 3 large eggs
- ☐ 18 inch graham cracker crusts
- ☐ 0.5 cup milk
- ☐ 0.5 cup quick-cooking grits uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 cups water

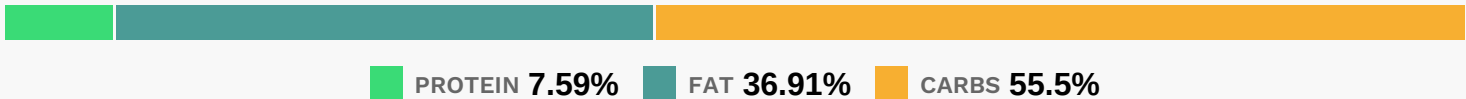
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Bring water to a boil in a saucepan; add grits and salt, and return to a boil. Cover, reduce heat to low, and cook, stirring occasionally, 5 minutes.
- ☐ Remove from heat.
- ☐ Process grits, pineapple, and cream cheese in a blender until smooth. With blender running, add eggs, 1 at a time.
- ☐ Add sugar, milk, and vanilla; process until smooth.
- ☐ Pour into crusts.
- ☐ Bake at 300 for 1 hour or until centers are set; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:10.61, Inflammation Score:-2, Nutrition Score:2.7965217388195%

Nutrients (% of daily need)

Calories: 152.57kcal (7.63%), Fat: 6.42g (9.87%), Saturated Fat: 3.36g (20.98%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 21.2g (7.71%), Sugar: 16.14g (17.94%), Cholesterol: 50.11mg (16.7%), Sodium: 117.73mg (5.12%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Protein: 2.97g (5.94%), Vitamin B2: 0.11mg (6.68%), Selenium: 4.37µg (6.25%), Phosphorus: 55.88mg (5.59%), Vitamin A: 260.43IU (5.21%), Vitamin B1: 0.06mg (3.94%), Folate: 14.83µg (3.71%), Calcium: 34.13mg (3.41%), Iron: 0.51mg (2.82%), Vitamin B6: 0.05mg (2.73%), Vitamin B5: 0.27mg (2.67%), Vitamin B12: 0.16µg (2.6%), Magnesium: 9.7mg (2.42%), Zinc: 0.34mg (2.26%), Potassium: 72.82mg

(2.08%), Fiber: 0.5g (2.01%), Vitamin B3: 0.4mg (1.99%), Vitamin D: 0.27µg (1.81%), Copper: 0.04mg (1.81%), Vitamin C: 1.33mg (1.62%), Vitamin E: 0.23mg (1.51%)