



Pineapple Mango Banana Pie

READY IN



140 min.

SERVINGS



8

CALORIES



270 kcal

DESSERT

Ingredients

- 2 bananas ripe mashed
- 1 tablespoon butter cut into small pieces
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 1 tablespoon juice of lime
- 2 cups pieces mango fresh
- 2 cups pieces pineapple fresh
- 3 tablespoons quick-cooking tapioca
- 1 double crust ready-to-use pie crust

- 1 pinch salt
- 0.8 cup sugar white

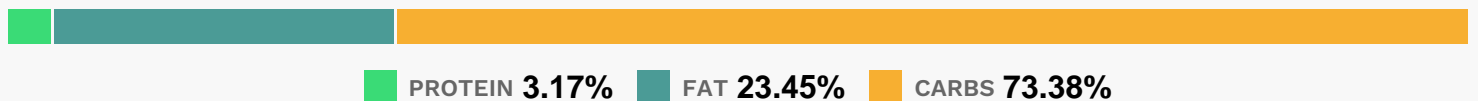
Equipment

- bowl
- oven
- wire rack
- sieve
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Drain pineapple and mango in a fine mesh strainer fitted over a bowl.
- Transfer pineapple and mango to a large bowl; mix in bananas and lime juice.
- Mix sugar, tapioca, cinnamon, ginger, and salt in a separate bowl.
- Add sugar mixture to fruit mixture; toss to coat. Fold in butter pieces. Set aside until flavors have blended, 15 to 30 minutes. The longer it sits, the better it will set up during baking.
- Press 1 pie crust into a 9-inch plate plate; spoon fruit mixture into pie crust. Top with the second pie crust, crimping the edges together to seal.
- Cut a few slits in the top crust for ventilation during baking. Line the crust edges with aluminum foil to prevent burning.
- Bake in the preheated oven for 25 minutes.
- Remove aluminum foil and bake until crust is golden brown, 20 to 25 minutes. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:36.29, Glycemic Load:22.05, Inflammation Score:-5, Nutrition Score:8.0608696854957%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 270.38kcal (13.52%), Fat: 7.33g (11.28%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 51.62g (17.21%), Net Carbohydrates: 48.94g (17.79%), Sugar: 32.07g (35.63%), Cholesterol: 3.76mg (1.25%), Sodium: 104.4mg (4.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Vitamin C: 37.87mg (45.9%), Manganese: 0.65mg (32.38%), Folate: 46.2µg (11.55%), Vitamin B6: 0.22mg (10.79%), Fiber: 2.68g (10.74%), Vitamin A: 534.77IU (10.7%), Vitamin B1: 0.11mg (7.49%), Potassium: 245.38mg (7.01%), Copper: 0.13mg (6.65%), Vitamin B3: 1.26mg (6.32%), Vitamin B2: 0.09mg (5.36%), Magnesium: 20.7mg (5.17%), Iron: 0.86mg (4.77%), Vitamin K: 3.93µg (3.74%), Vitamin E: 0.56mg (3.72%), Vitamin B5: 0.36mg (3.59%), Phosphorus: 31.81mg (3.18%), Selenium: 1.97µg (2.81%), Calcium: 18.86mg (1.89%), Zinc: 0.24mg (1.59%)