



Pineapple Mango Pie

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



259 kcal

DESSERT

Ingredients

- 2 tablespoons apple juice
- 1 tablespoon butter softened
- 8 ounce pineapple crushed drained canned
- 5 tablespoons .3 oz. of pearl tapioca instant
- 0.3 cup brown sugar light packed
- 4.5 cups mangos peeled sliced
- 1.3 cups sugar white

Equipment

bowl

oven

Directions

Preheat oven to 400 degrees F (205 degrees C).

Mix the mangos, drained crushed pineapple, white sugar, brown sugar, apple juice, and tapioca.

Let stand in a bowl for 20 minutes.

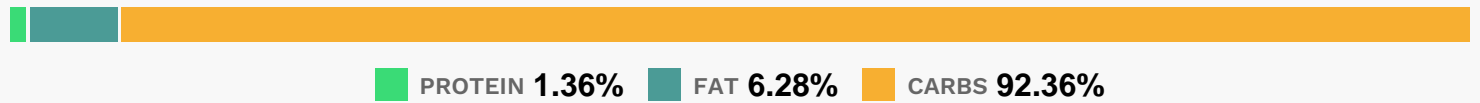
Pour filling into the unbaked pie shell, and dot with butter or margarine. Cover with top crust, and seal edges.

Cut slits in top of outer crust.

Bake at 400 degrees F (205 degrees C) for 1 hour, or until bubbles burst slowly and crust is a nice golden brown color.

Let pie cool, and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.57, Glycemic Load:28.42, Inflammation Score:-7, Nutrition Score:6.0595652637598%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 259.42kcal (12.97%), Fat: 1.91g (2.94%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 63.11g (21.04%), Net Carbohydrates: 61.25g (22.27%), Sugar: 54.98g (61.08%), Cholesterol: 3.76mg (1.25%), Sodium: 14.85mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Vitamin C: 36.48mg (44.22%), Vitamin A:

1062.18IU (21.24%), Folate: 41.45µg (10.36%), Fiber: 1.86g (7.44%), Copper: 0.14mg (6.96%), Vitamin B6: 0.14mg (6.76%), Vitamin E: 0.88mg (5.88%), Potassium: 205.05mg (5.86%), Vitamin K: 4.22µg (4.02%), Vitamin B1: 0.06mg (3.72%), Magnesium: 14.37mg (3.59%), Vitamin B3: 0.71mg (3.56%), Manganese: 0.07mg (3.34%), Vitamin B2: 0.05mg (2.85%), Calcium: 21.48mg (2.15%), Vitamin B5: 0.2mg (1.96%), Iron: 0.3mg (1.65%), Phosphorus: 15.94mg (1.59%), Selenium: 0.96µg (1.37%)