



Pineapple Mousse Pie with Raspberries

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 6 ounce graham cracker crust reduced-fat
- ☐ 1 tablespoon granulated sugar
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.8 cup cream cheese light tub-style
- ☐ 3 tablespoons low-sugar raspberry spread
- ☐ 8 ounce pineapple in its own juice crushed undrained canned
- ☐ 3 tablespoons powdered sugar
- ☐ 1.5 cups raspberries fresh

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup non-dairy whipped topping fat-free frozen thawed

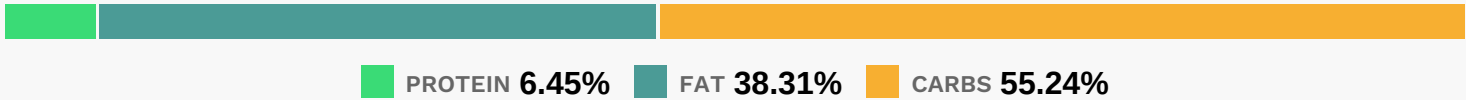
Equipment

- ☐ sauce pan
- ☐ mixing bowl
- ☐ blender

Directions

- ☐ Combine first 4 ingredients in a small saucepan; cook over medium heat, stirring often, until mixture comes to a boil and thickens. Cool to room temperature.
- ☐ Gently combine raspberries and raspberry spread. Spoon into bottom of pie crust.
- ☐ Combine cream cheese, sugar, and vanilla in a mixing bowl; beat with a mixer at medium speed until smooth and creamy. Fold pineapple mixture into cream cheese mixture. Fold whipping topping into cream cheese mixture. Spoon over berries. Cover and freeze at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:1.36, Inflammation Score:-3, Nutrition Score:5.8543478172758%

Flavonoids

Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol:

0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 219.24kcal (10.96%), Fat: 9.37g (14.42%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 28.12g (10.23%), Sugar: 16.6g (18.44%), Cholesterol: 13.65mg (4.55%), Sodium: 188.42mg (8.19%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 3.55g (7.1%), Manganese: 0.43mg (21.43%), Vitamin C: 9.04mg (10.96%), Vitamin B2: 0.16mg (9.47%), Fiber: 2.28g (9.12%), Phosphorus: 74.16mg (7.42%), Vitamin B1: 0.1mg (6.56%), Vitamin K: 6.86µg (6.54%), Folate: 26.08µg (6.52%), Calcium: 59.94mg (5.99%), Vitamin B12: 0.35µg (5.76%), Copper: 0.11mg (5.41%), Vitamin B3: 0.97mg (4.83%), Iron: 0.83mg (4.64%), Potassium: 160.99mg (4.6%), Vitamin E: 0.67mg (4.44%), Magnesium: 16.79mg (4.2%), Zinc: 0.55mg (3.65%), Vitamin B6: 0.07mg (3.61%), Vitamin A: 162.49IU (3.25%), Vitamin B5: 0.3mg (3.04%), Selenium: 1.93µg (2.76%)