



Pineapple Pie IV

READY IN

ready

80 min.

SERVINGS

servings

10

CALORIES

calories

1787 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 eggs beaten
- ☐ 1 tablespoon juice of lemon
- ☐ 18 inch pie shell
- ☐ 2 cups pineapple fresh cored peeled chopped
- ☐ 1.3 cups sugar white

Equipment

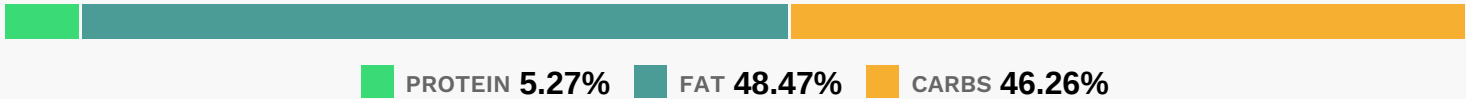
- ☐ bowl

☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (225 degrees C).
- ☐ In a large bowl, beat the eggs until foamy.
- ☐ Mix in sugar, lemon juice and chopped pineapple.
- ☐ Pour into pie shell and dot the top with butter. Cover with top crust, crimp edges to seal, and cut a few slits for steam vents.
- ☐ Bake in preheated oven for 10 minutes, then reduce oven temperature to 350 degrees F (175 degrees C) and bake 35 minutes more, until golden brown.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:20.88, Inflammation Score:-7, Nutrition Score:27.038695822591%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1787.32kcal (89.37%), Fat: 95.95g (147.62%), Saturated Fat: 30.37g (189.82%), Carbohydrates: 206.08g (68.69%), Net Carbohydrates: 196.62g (71.5%), Sugar: 29.93g (33.26%), Cholesterol: 35.75mg (11.92%), Sodium: 1494.51mg (64.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.48g (46.96%), Manganese: 1.9mg (95.04%), Vitamin B1: 1.02mg (68%), Folate: 262.42µg (65.6%), Iron: 9.62mg (53.47%), Vitamin B3: 9.89mg (49.47%), Vitamin B2: 0.67mg (39.33%), Fiber: 9.47g (37.87%), Selenium: 23.43µg (33.47%), Phosphorus: 279.72mg (27.97%), Vitamin K: 26.64µg (25.37%), Vitamin C: 16.35mg (19.82%), Vitamin B5: 1.67mg (16.67%), Copper: 0.31mg (15.74%), Magnesium: 59.13mg (14.78%), Vitamin E: 1.79mg (11.93%), Zinc: 1.78mg (11.85%), Vitamin B6: 0.23mg (11.63%), Potassium: 399.73mg (11.42%), Calcium: 78.31mg (7.83%), Vitamin A: 105.34IU (2.11%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.18µg (1.17%)