

Pineapple Pie V

READY IN



60 min.

SERVINGS



8

CALORIES



1180 kcal

DESSERT

Ingredients

- 1 tablespoon butter
- 8 ounce pineapple crushed canned
- 2 egg yolk
- 3 tablespoons flour all-purpose
- 3 tablespoons juice of lemon fresh
- 1 tablespoon lemon zest grated
- 9 inch pie crust dough
- 0.5 teaspoon salt
- 0.3 cup water

1 cup granulated sugar white

Equipment

bowl

sauce pan

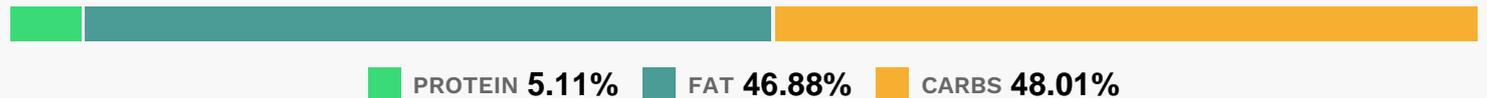
Directions

In a medium bowl, mix together sugar, flour, salt and egg yolks.

Bring water and pineapple to a boil in a medium saucepan. Stir in sugar mixture and mix well. Cook over medium heat until thickened; stir constantly.

Stir in butter, lemon juice and lemon zest to saucepan. Then spoon entire mixture into pie shell. Cover and refrigerate pie until ready to be served.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:19.01, Inflammation Score:-5, Nutrition Score:17.14739129336%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1180.37kcal (59.02%), Fat: 61.42g (94.5%), Saturated Fat: 19.7g (123.1%), Carbohydrates: 141.52g (47.17%), Net Carbohydrates: 135.36g (49.22%), Sugar: 29.2g (32.44%), Cholesterol: 52.36mg (17.45%), Sodium: 1080.07mg (46.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.11%), Manganese: 1.02mg (50.91%), Vitamin B1: 0.68mg (45.3%), Folate: 171.91µg (42.98%), Iron: 6.21mg (34.49%), Vitamin B3: 6.33mg (31.66%), Vitamin B2: 0.43mg (25.46%), Fiber: 6.17g (24.66%), Selenium: 16.59µg (23.7%), Phosphorus: 185.53mg (18.55%), Vitamin K: 16.79µg (15.99%), Vitamin B5: 1.07mg (10.7%), Copper: 0.21mg (10.56%), Magnesium: 39.41mg (9.85%), Vitamin E: 1.21mg (8.06%), Zinc: 1.17mg (7.83%), Vitamin B6: 0.15mg (7.73%), Potassium: 269.26mg (7.69%), Vitamin C: 5.81mg (7.04%), Calcium: 55.84mg (5.58%), Vitamin A: 125.76IU (2.52%), Vitamin D: 0.24µg (1.62%), Vitamin B12: 0.09µg (1.51%)