



Pineapple Sour Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cream of tartar
- ☐ 1 9-inch deep dish pie crust ()
- ☐ 3 large eggs
- ☐ 2 tablespoons flour
- ☐ 6 tablespoons granulated sugar
- ☐ 20 oz pineapple in juice crushed undrained canned
- ☐ 1 cup heavy whipping cream sour
- ☐ 0.3 teaspoon vanilla extract plus for meringue
- ☐ 0.5 teaspoon vanilla extract

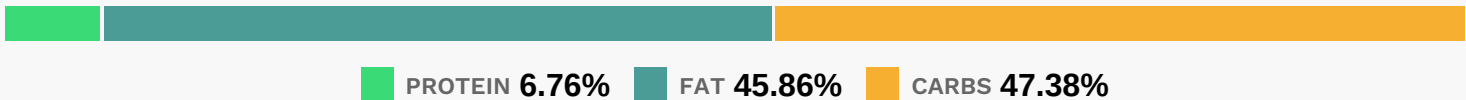
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ stand mixer

Directions

- ☐ Separate the eggs. Put whites in bowl of stand mixer. Put yolks in a separate mixing bowl, then whisk them a bit and cover.
- ☐ Let stand for 30 minutes to come to room temperature.In a heavy saucepan, combine the 1/2 cup sugar, flour, pineapple and sour cream. Turn on the heat and cook and stir over medium heat until bubbly and hot.
- ☐ Whisk about half of the sour cream mixture into the egg yolks, then whisk egg yolk mixture into the saucepan still set over medium. Cook and stir until you hit a gentle boil, then continue cooking and stirring for two minutes.
- ☐ Transfer hot filling to a baked 9 inch pie crust and immediately cover with meringue.To make meringue, beat the egg whites until soft peaks start to form and gradually add sugar, cream of tartar and vanilla.Set the meringue covered pie on a cookie sheet and bake at 350 F. for 15 minutes or until meringue is lightly browned.
- ☐ Let cool at room temperature for an hour, then chill for 3 to 6 hours or until ready to cut.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:7.32, Inflammation Score:-3, Nutrition Score:6.4030435188957%

Nutrients (% of daily need)

Calories: 301.51kcal (15.08%), Fat: 15.6g (24.01%), Saturated Fat: 5.8g (36.22%), Carbohydrates: 36.27g (12.09%), Net Carbohydrates: 34.9g (12.69%), Sugar: 20.19g (22.43%), Cholesterol: 86.71mg (28.9%), Sodium: 136.23mg (5.92%), Alcohol: 0.13g (100%), Alcohol %: 0.1% (100%), Protein: 5.18g (10.36%), Selenium: 9.06µg (12.95%), Vitamin B2: 0.2mg (11.8%), Vitamin B1: 0.16mg (10.96%), Folate: 39.26µg (9.82%), Phosphorus: 85.2mg (8.52%), Vitamin C: 6.92mg (8.39%), Manganese: 0.16mg (7.86%), Iron: 1.28mg (7.13%), Vitamin A: 315.8IU (6.32%), Copper: 0.12mg (6.04%), Potassium: 209.08mg (5.97%), Calcium: 56.95mg (5.7%), Vitamin B6: 0.11mg (5.55%), Fiber: 1.37g (5.47%), Vitamin B3: 1.06mg (5.3%), Magnesium: 20.45mg (5.11%), Vitamin K: 5.23µg (4.98%), Vitamin B5: 0.49mg (4.94%), Vitamin E: 0.67mg (4.48%), Vitamin B12: 0.23µg (3.79%), Zinc: 0.55mg (3.69%), Vitamin D: 0.38µg (2.5%)