



Pink Grapefruit Pie

READY IN



18 min.

SERVINGS



8

CALORIES



324 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 ounce cream cheese softened
- ☐ 2 tablespoons flour
- ☐ 22 squares graham cracker crumbs crushed
- ☐ 3 ruby grapefruits red peeled
- ☐ 1 cup powdered sugar
- ☐ 0.5 ounce package strawberry gelatin
- ☐ 0.8 cup sugar
- ☐ 1 cup water

☐ 8 servings whipped topping of some sort for garnish

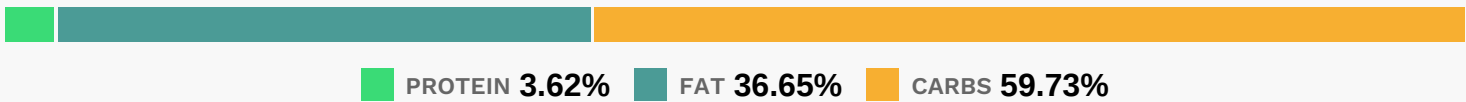
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Make crust first. Preheat oven to 350 degrees F.
- ☐ Mix together crumbs, sugar and butter. Press into bottom and up sides of a 9 inch glass pie plate.
- ☐ Bake for 8 minutes.
- ☐ Let cool.Prepare filling.
- ☐ Whisk together water, sugar and flour in a saucepan.
- ☐ Heat over medium, stirring often, until thickened.
- ☐ Remove from heat. Stir in butter and gelatin. Set aside to cool.
- ☐ Combine cream cheese and powdered sugar and beat until light and fluffy.
- ☐ Spread cream cheese mixture over crust. Arrange grapefruit over cream cheese filling.
- ☐ Pour gelatin mixture over grapefruit and chill until set.
- ☐ Garnish with whipped topping.

Nutrition Facts



Properties

Glycemic Index:40.14, Glycemic Load:18.21, Inflammation Score:-8, Nutrition Score:6.0913043877353%

Flavonoids

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 31.33mg, Naringenin: 31.33mg, Naringenin: 31.33mg, Naringenin: 31.33mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 323.98kcal (16.2%), Fat: 13.67g (21.03%), Saturated Fat: 8.1g (50.63%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 48.45g (17.62%), Sugar: 42.82g (47.58%), Cholesterol: 36.25mg (12.08%), Sodium: 135.18mg (5.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin C: 29.95mg (36.31%), Vitamin A: 1575.53IU (31.51%), Vitamin B2: 0.12mg (7.21%), Fiber: 1.68g (6.72%), Phosphorus: 59.45mg (5.95%), Calcium: 56.33mg (5.63%), Potassium: 179.96mg (5.14%), Selenium: 3.52µg (5.03%), Folate: 19.97µg (4.99%), Vitamin B1: 0.07mg (4.66%), Vitamin B5: 0.43mg (4.25%), Vitamin B6: 0.07mg (3.57%), Magnesium: 13.91mg (3.48%), Vitamin E: 0.47mg (3.16%), Copper: 0.05mg (2.35%), Vitamin B3: 0.44mg (2.21%), Zinc: 0.29mg (1.93%), Manganese: 0.04mg (1.92%), Iron: 0.33mg (1.85%), Vitamin B12: 0.08µg (1.29%)