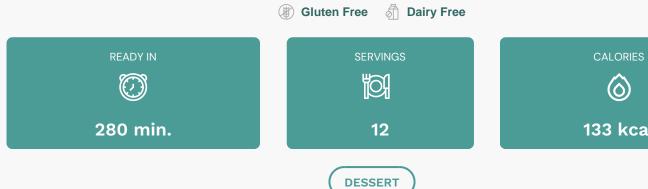


Pistachio Cardamom Ice Cream Pie





Ingredients

1 teaspoon ground cardamom
5 cups pistachio ice cream green softened (preferably not artificially tinted)
3 tbsp buttery pie pastry light
2 tablespoons freshly roasted pistachios salted shelled
2 teaspoons rose water*

Equipment

food processor
bowl

	frying pan	
	oven	
	knife	
	plastic wrap	
	pie form	
Di	rections	
	Press cold pastry over bottom and up sides of a 9-in. pie pan. Crimp edges of pie with your fingertips and prick all over bottom with a fork. Chill 30 minutes. Meanwhile, preheat oven to 37	
	Bake pastry on bottom rack of oven until golden brown, 20 to 30 minutes.	
	Let cool completely.	
	Stir ice cream with rose water and cardamom until smooth. Spoon ice cream into crust, set on a plate, and freeze at least 4 hours.	
	Peel papery brown skin from pistachios with a paring knife, then put nuts in a food processor and pulse until finely ground.	
	Sprinkle ground pistachios over pie.	
	Serve immediately.	
	*Find rose water at well-stocked grocery stores and at Indian and Middle Eastern markets. In- shell pistachios are a brighter green than the type sold shelled.	
	Let the pie soften for 5 minutes at room temp to make slicing easier.	
	If you're having trouble freeing your pie from its pan, set it over a bowl of hot water for a couple of minutes and then slide a thin knife between the pan edge and the crust. It should pop right out.	
	Make ahead: Once the pie is fully frozen through step 3, it keeps for up to 4 days, doublewrapped in plastic wrap. Top just before serving.	
Nutrition Facts		
	PROTEIN 6.57% FAT 44.53% CARBS 48.9%	

Properties

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 132.79kcal (6.64%), Fat: 6.63g (10.2%), Saturated Fat: 3.81g (23.78%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 15.82g (5.75%), Sugar: 14.67g (16.3%), Cholesterol: 24.2mg (8.07%), Sodium: 44.88mg (1.95%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.2g (4.4%), Vitamin B2: 0.13mg (7.9%), Calcium: 74.84mg (7.48%), Phosphorus: 64.29mg (6.43%), Vitamin A: 236.74IU (4.73%), Potassium: 128.12mg (3.66%), Vitamin B12: 0.21µg (3.57%), Manganese: 0.07mg (3.4%), Vitamin B5: 0.33mg (3.3%), Zinc: 0.42mg (2.8%), Magnesium: 9.86mg (2.47%), Vitamin B6: 0.05mg (2.46%), Vitamin B1: 0.03mg (2.25%), Fiber: 0.56g (2.24%), Selenium: 1.11µg (1.59%), Copper: 0.03mg (1.55%), Vitamin E: 0.19mg (1.29%)