



Pistachio Cardamom Ice Cream Pie



Gluten Free



Dairy Free

READY IN



280 min.

SERVINGS



12

CALORIES



133 kcal

DESSERT

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

Directions

- ☐ 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, double-wrapped in plastic wrap. Top just before serving.

Nutrition Facts



 PROTEIN 6.57%  FAT 44.53%  CARBS 48.9%

Properties

Glycemic Index:7, Glycemic Load:7.72, Inflammation Score:-2, Nutrition Score:2.6352173932221%

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 Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.02mg, Quercetin: 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 %: 0% (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%)