



Pizza Dolce (Italian Sweet Pies)

READY IN



45 min.

SERVINGS



20

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almond liqueur
- ☐ 12 ounce chocolate crumb crusts
- ☐ 4 large eggs
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 1.5 cups powdered sugar
- ☐ 30 ounce ricotta cheese
- ☐ 1 cup semisweet chocolate mini-morsels

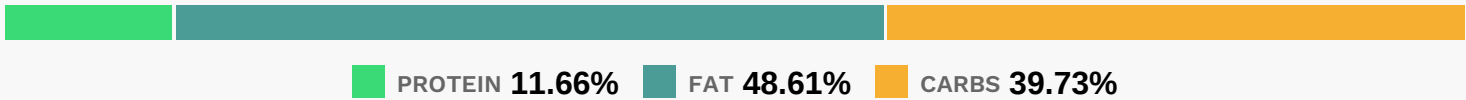
Equipment

☐ oven

Directions

- ☐ Stir together first 7 ingredients; pour evenly into crusts.
- ☐ Bake at 350 for 35 to 40 minutes or until set and golden brown. Cool on wire racks. Chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:1.85, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:5.9682608272718%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 271.75kcal (13.59%), Fat: 14.77g (22.72%), Saturated Fat: 6.71g (41.94%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 25.82g (9.39%), Sugar: 17.22g (19.13%), Cholesterol: 59.41mg (19.8%), Sodium: 137.28mg (5.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.53mg (2.51%), Protein: 7.97g (15.94%), Phosphorus: 144.89mg (14.49%), Selenium: 10.13µg (14.47%), Vitamin B2: 0.2mg (11.5%), Calcium: 106.09mg (10.61%), Manganese: 0.18mg (8.82%), Iron: 1.48mg (8.25%), Magnesium: 32.83mg (8.21%), Copper: 0.15mg (7.56%), Zinc: 0.93mg (6.21%), Folate: 23.25µg (5.81%), Vitamin E: 0.82mg (5.45%), Fiber: 1.34g (5.37%), Vitamin A: 247.92IU (4.96%), Vitamin B1: 0.07mg (4.48%), Potassium: 149.43mg (4.27%), Vitamin B12: 0.25µg (4.16%), Vitamin B3: 0.63mg (3.16%), Vitamin B5: 0.29mg (2.85%), Vitamin B6: 0.04mg (2.15%), Vitamin D: 0.28µg (1.9%), Vitamin C: 1.26mg (1.52%), Vitamin K: 1.13µg (1.07%)