



Plum-Berry Swirl Ice-Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



535 kcal

DESSERT

Ingredients

- ☐ 1 cup berry sorbet wild
- ☐ 1 large egg white
- ☐ 40 honey graham crackers low-fat (10 full cracker sheets)
- ☐ 4 cups whipped cream low-fat
- ☐ 2 tablespoons butter melted
- ☐ 1.5 cups plums coarsely chopped
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons sugar
- ☐ 1 tablespoon water

- ☐ 1 cup non-dairy whipped topping frozen thawed reduced-calorie

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Combine first 3 ingredients in a small saucepan; stir well. Cover and cook over low heat 15 minutes or until plums are tender, stirring occasionally. Spoon plum mixture into a blender, and pulse 3 times. Cool to room temperature.
- ☐ Preheat oven to 35
- ☐ Place crackers in a food processor; process until crumbly.
- ☐ Add 2 tablespoons sugar, margarine, and egg white; pulse 5 times or just until moist. Press crumb mixture evenly into a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 8 minutes; cool on a wire rack 15 minutes. Freeze piecrust 30 minutes.
- ☐ Place an extra-large bowl in freezer.
- ☐ Remove ice cream from freezer, and let stand at room temperature while piecrust is cooling.
- ☐ Spoon ice cream into chilled extra-large bowl. Fold plum mixture and sorbet into ice cream to create a marbled effect, and freeze 45 minutes or just until set but not solid.
- ☐ Spoon ice-cream mixture into prepared crust; freeze until set. Cover with plastic wrap; freeze 6 hours or until firm.
- ☐ Place pie in refrigerator 30 minutes before serving to soften.
- ☐ Serve pie with whipped topping.

Nutrition Facts



Properties

Glycemic Index:36.11, Glycemic Load:52.13, Inflammation Score:-6, Nutrition Score:9.8791304671246%

Flavonoids

Cyanidin: 2.59mg, Cyanidin: 2.59mg, Cyanidin: 2.59mg, Cyanidin: 2.59mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 534.9kcal (26.74%), Fat: 14.96g (23.01%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 91.39g (30.46%), Net Carbohydrates: 87.83g (31.94%), Sugar: 47.33g (52.59%), Cholesterol: 20.71mg (6.9%), Sodium: 564.51mg (24.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.17%), Vitamin B2: 0.41mg (23.9%), Phosphorus: 235.12mg (23.51%), Calcium: 189.19mg (18.92%), Iron: 3.14mg (17.44%), Vitamin B3: 2.99mg (14.97%), Vitamin B1: 0.22mg (14.48%), Fiber: 3.56g (14.26%), Magnesium: 56.31mg (14.08%), Zinc: 1.97mg (13.13%), Vitamin A: 588.26IU (11.77%), Potassium: 358.83mg (10.25%), Folate: 40.14µg (10.04%), Vitamin B12: 0.38µg (6.39%), Vitamin B6: 0.13mg (6.35%), Vitamin K: 5.76µg (5.49%), Vitamin C: 4.34mg (5.26%), Vitamin B5: 0.44mg (4.42%), Selenium: 2.63µg (3.76%), Copper: 0.06mg (3.03%), Vitamin E: 0.42mg (2.8%), Manganese: 0.05mg (2.46%)