



Pluot and Star Fruit French Vanilla Pudding Pie

READY IN

ready

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35 min.

SERVINGS

servings

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8

CALORIES

calories

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202 kcal

Ingredients

- ☐ 3.5 ounce vanilla pudding mix french instant
- ☐ 2 cups milk
- ☐ 1 9-inch pie crust prepared
- ☐ 3 pluots pitted halved
- ☐ 1 star fruit

Equipment

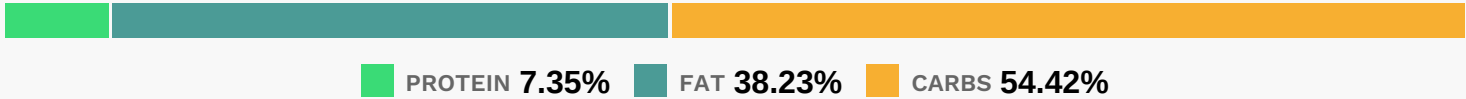
- ☐ bowl
- ☐ oven

- ☐ whisk
- ☐ pie form

Directions

- ☐ Preheat an oven to 400 degrees F (205 degrees C).
- ☐ Place the pie crust into a 9-inch pie dish.
- ☐ Bake the prepared pie crust in the preheated oven until golden brown, about 10 minutes. Set aside to cool.
- ☐ Whisk together the milk and instant pudding in a large bowl; set aside. Slice 5 thin, attractive star-shaped slices from the middle of the star fruit, and reserve. Finely chop the rest of the star fruit.
- ☐ Cut and reserve 10 thin, attractive half moon-shaped slices of a pluot, and reserve; finely chop the rest of the pluots. Stir chopped fruit into the prepared pudding.
- ☐ Pour the pudding mixture into the baked pie crust; refrigerate until set, about 10 minutes.
- ☐ Arrange the reserved slices of star fruit and pluot over the pie, and serve.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:1.24, Inflammation Score:-2, Nutrition Score:4.1121738630792%

Nutrients (% of daily need)

Calories: 201.59kcal (10.08%), Fat: 8.56g (13.16%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 26.39g (9.6%), Sugar: 13.25g (14.73%), Cholesterol: 7.32mg (2.44%), Sodium: 204.42mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Phosphorus: 81.22mg (8.12%), Calcium: 80.74mg (8.07%), Vitamin B2: 0.13mg (7.65%), Vitamin B1: 0.1mg (6.97%), Manganese: 0.12mg (5.91%), Vitamin B12: 0.33µg (5.49%), Vitamin C: 3.95mg (4.79%), Folate: 18.86µg (4.72%), Vitamin D: 0.67µg (4.47%), Fiber: 1.02g (4.09%), Selenium: 2.76µg (3.95%), Vitamin B3: 0.78mg (3.9%), Potassium: 133.36mg (3.81%), Vitamin B5: 0.37mg (3.73%), Iron: 0.67mg (3.72%), Magnesium: 12.21mg (3.05%), Vitamin B6: 0.05mg (2.58%), Zinc: 0.38mg (2.52%), Vitamin A: 108.26IU (2.17%), Vitamin K: 2.01µg (1.91%), Copper: 0.04mg (1.88%), Vitamin E: 0.16mg (1.08%)