



Raspberry Chiffon Pie I

READY IN



45 min.

SERVINGS



10

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 4 egg whites
- ☐ 4 egg yolks beaten
- ☐ 0.3 ounce gelatin powder unflavored
- ☐ 0.8 cup heavy whipping cream
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup raspberries fresh crushed
- ☐ 0.1 teaspoon salt
- ☐ 9 inch vanilla wafer crust
- ☐ 0.3 cup water cold

☐ 0.3 cup sugar white

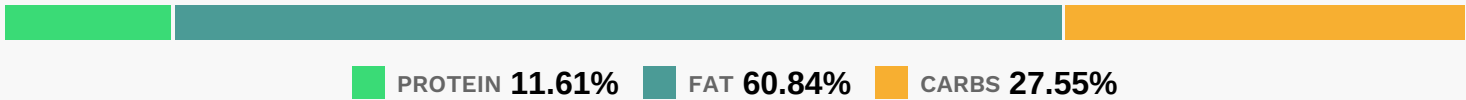
Equipment

☐ sauce pan

Directions

- ☐ Soften gelatin in cold water.
- ☐ Combine egg yolks, 1/2 cup sugar, and lemon juice in a saucepan. Cook until mixture coats a spoon. Stir in gelatin, and then mix in crushed raspberries. Chill until partially set.
- ☐ Beat egg whites until stiff with 1/4 cup sugar and salt. Fold whipped cream and egg whites into raspberry mixture.
- ☐ Pour filling into chilled pie crust, and chill 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:17.31, Glycemic Load:4.92, Inflammation Score:-2, Nutrition Score:3.4043478369713%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 128.87kcal (6.44%), Fat: 8.87g (13.64%), Saturated Fat: 4.93g (30.79%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 8.22g (2.99%), Sugar: 6.93g (7.7%), Cholesterol: 97.95mg (32.65%), Sodium: 68.32mg (2.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Selenium: 7.3µg (10.43%), Vitamin B2: 0.14mg (8.05%), Vitamin A: 370.27IU (7.41%), Vitamin C: 3.83mg (4.64%), Phosphorus: 45.07mg (4.51%), Vitamin D: 0.67µg (4.5%), Manganese: 0.09mg (4.35%), Folate: 16.75µg (4.19%), Fiber: 0.82g (3.27%), Vitamin B5: 0.33mg (3.26%), Vitamin E: 0.46mg (3.04%), Vitamin B12: 0.18µg (3%), Calcium: 25.63mg (2.56%), Vitamin B1: 0.03mg (2.05%), Vitamin B6: 0.04mg (1.97%), Copper: 0.04mg (1.9%), Potassium: 66.17mg (1.89%), Zinc: 0.27mg (1.77%), Iron: 0.32mg (1.77%), Vitamin K: 1.56µg (1.48%), Magnesium: 5.88mg (1.47%)