



Raspberry Chiffon Pie II

READY IN



45 min.

SERVINGS



10

CALORIES



859 kcal

DESSERT

Ingredients

- 0.3 teaspoon cream of tartar
- 3 egg whites
- 3 egg yolks beaten
- 0.3 ounce gelatin powder unflavored
- 9 inch graham cracker crust prepared
- 0.5 cup heavy whipping cream
- 0.3 cup raspberries fresh
- 0.3 cup water cold
- 0.3 cup sugar white

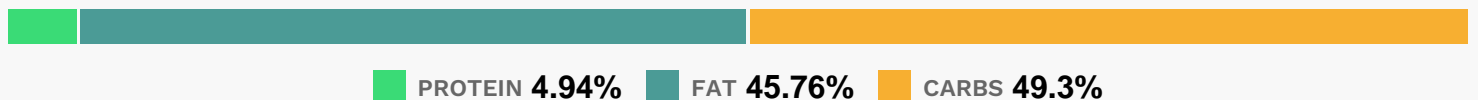
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- mixing bowl
- sieve

Directions

- In a medium saucepan combine 3 cups raspberries and 2/3 cup water. Simmer over low heat until raspberries are soft. Press mixture through a sieve or strainer to remove seeds and obtain raspberry pulp.
- Place gelatin and 1/4 cup cold water in a small bowl. Set aside and allow gelatin to soften.
- In a medium saucepan whisk together raspberry pulp, egg yolks, and 2/3 cup sugar. Bring to a full boil, stirring constantly.
- Remove from heat.
- Add gelatin to raspberry mixture and stir until dissolved.
- Place pan in a cold water bath to cool completely.
- In a large glass or metal mixing bowl, beat egg whites until foamy.
- Add cream of tartar.
- Add 1/3 cup sugar a little at a time, beating constantly until whites are stiff and glossy.
- In a separate mixing bowl, whip cream until stiff. Gently fold together with cooled raspberry mixture and meringue. Spoon mixture into graham cracker crust. Chill at least 2 hours before serving.
- Garnish with whole raspberries.

Nutrition Facts



Properties

Glycemic Index:9.61, Glycemic Load:4.7, Inflammation Score:-5, Nutrition Score:17.272173964459%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 858.85kcal (42.94%), Fat: 43.73g (67.27%), Saturated Fat: 10.9g (68.15%), Carbohydrates: 106.02g (35.34%), Net Carbohydrates: 102.92g (37.42%), Sugar: 34.92g (38.8%), Cholesterol: 71.77mg (23.92%), Sodium: 743.2mg (32.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.25%), Manganese: 1.99mg (99.72%), Vitamin K: 34.01µg (32.39%), Folate: 109.01µg (27.25%), Vitamin B3: 4.96mg (24.82%), Vitamin B2: 0.42mg (24.72%), Iron: 4.18mg (23.22%), Phosphorus: 209.47mg (20.95%), Vitamin E: 3.11mg (20.7%), Vitamin B1: 0.29mg (19.66%), Copper: 0.37mg (18.42%), Zinc: 2.08mg (13.89%), Selenium: 9.49µg (13.55%), Fiber: 3.1g (12.41%), Magnesium: 38.16mg (9.54%), Vitamin B6: 0.14mg (7.07%), Potassium: 221.9mg (6.34%), Calcium: 61.21mg (6.12%), Vitamin A: 255.32IU (5.11%), Vitamin B5: 0.49mg (4.92%), Vitamin D: 0.48µg (3.21%), Vitamin B12: 0.13µg (2.21%), Vitamin C: 0.86mg (1.04%)