



Refreshing Mango Pie

READY IN



240 min.

SERVINGS



1

CALORIES



2166 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 4 oz philadelphia cream cheese cubed softened ()
- 1.3 cups graham cracker crumbs
- 1 serving ice cubes
- 2 mangos divided
- 3 oz jell-o orange flavor gelatin
- 2 Tbsp sugar
- 0.3 cup water cold
- 0.7 cup water boiling

1.5 cups cool whip whipped topping thawed

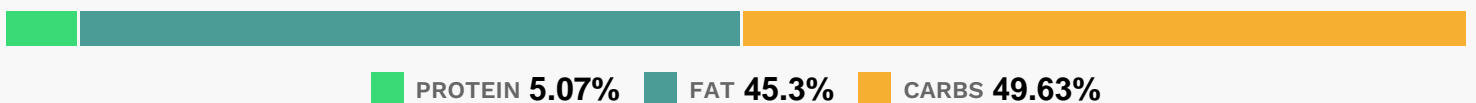
Equipment

- bowl
- oven
- whisk
- blender

Directions

- Heat oven to 350F.
- Mix graham crumbs, butter and sugar; press onto bottom and up side of 9-inch pie plate.
- Bake 8 to 10 min. or until lightly browned. Cool completely.
- Meanwhile, peel and pit 1 mango; place in blender.
- Add cream cheese; blend until smooth.
- Transfer to medium bowl.
- Whisk in COOL WHIP.
- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Add enough ice to cold water to make 1/2 cup.
- Add to gelatin; stir until slightly thickened.
- Remove and discard any unmelted ice.
- Add mango mixture; whisk until blended. Refrigerate 15 to 20 min. or until mixture is thick enough to mound.
- Spoon gelatin mixture into crust. Refrigerate 3 hours or until firm.
- Peel and slice remaining mango just before serving pie; arrange over pie.

Nutrition Facts



Properties

Glycemic Index:272.84, Glycemic Load:103.74, Inflammation Score:-10, Nutrition Score:36.14043480417%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg

Nutrients (% of daily need)

Calories: 2165.83kcal (108.29%), Fat: 111.92g (172.19%), Saturated Fat: 66.81g (417.55%), Carbohydrates: 275.83g (91.94%), Net Carbohydrates: 265.63g (96.59%), Sugar: 208.84g (232.05%), Cholesterol: 238.79mg (79.6%), Sodium: 1908.27mg (82.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.2g (56.4%), Vitamin C: 150.7mg (182.66%), Vitamin A: 7503.85IU (150.08%), Folate: 244.15µg (61.04%), Phosphorus: 608.18mg (60.82%), Vitamin B2: 0.83mg (48.83%), Vitamin E: 6.58mg (43.87%), Fiber: 10.19g (40.78%), Vitamin B3: 6.99mg (34.93%), Vitamin B6: 0.69mg (34.31%), Calcium: 342.96mg (34.3%), Copper: 0.67mg (33.42%), Potassium: 1164.73mg (33.28%), Magnesium: 127mg (31.75%), Selenium: 21.35µg (30.49%), Iron: 5.37mg (29.83%), Vitamin B1: 0.41mg (27.29%), Vitamin K: 27.34µg (26.04%), Zinc: 3.18mg (21.19%), Vitamin B5: 1.54mg (15.36%), Manganese: 0.28mg (14.18%), Vitamin B12: 0.57µg (9.52%)