



Roasted Grape and Mascarpone Cheese Pie

READY IN



60 min.

SERVINGS



8

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large egg whites
- ☐ 2 tablespoons jam red melted
- ☐ 2 teaspoons lemon zest
- ☐ 0.3 cup mascarpone cheese softened
- ☐ 1 pie crust dough prepared
- ☐ 4 cups grapes red
- ☐ 2 tablespoons sugar raw
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil
- ☐ kitchen scissors

Directions

- ☐ Preheat oven to 37
- ☐ Working with prepared dough, cut into edges with scissors at intersecting 45-degree angles to form pointed pieces of fringe. Freeze 10 minutes or until firm.
- ☐ Line bottom of dough with foil; arrange pie weights on foil.
- ☐ Bake in middle of oven 20 minutes or until just set.
- ☐ Remove weights and foil; brush edges with egg white, and sprinkle with turbinado sugar. Return to oven; bake 10-15 minutes more.
- ☐ Transfer to a wire rack; let cool.
- ☐ Turn oven up to 40
- ☐ Arrange grapes in 1 layer on an 18- x 13-inch baking pan.
- ☐ Bake in middle of oven 10 minutes or until grapes begin to release juices but are still intact.
- ☐ Transfer to a wire rack; let cool.
- ☐ Whisk together mascarpone and next 3 ingredients (through vanilla) in a bowl until well-combined.
- ☐ Spread filling into cooled pie shell, and top with roasted grapes.
- ☐ Brush grapes with jam. Slice and serve.

Nutrition Facts



 PROTEIN **5.28%**  FAT **37.22%**  CARBS **57.5%**

Properties

Glycemic Index:12.63, Glycemic Load:7.84, Inflammation Score:-2, Nutrition Score:3.8626086632519%

Nutrients (% of daily need)

Calories: 209.82kcal (10.49%), Fat: 8.84g (13.6%), Saturated Fat: 3.74g (23.4%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 29.4g (10.69%), Sugar: 17.18g (19.09%), Cholesterol: 7.03mg (2.34%), Sodium: 100.88mg (4.39%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 2.82g (5.64%), Vitamin K: 12.57µg (11.98%), Manganese: 0.15mg (7.6%), Vitamin B1: 0.11mg (7.45%), Vitamin B2: 0.11mg (6.56%), Copper: 0.12mg (5.93%), Fiber: 1.32g (5.27%), Potassium: 177.43mg (5.07%), Iron: 0.87mg (4.82%), Folate: 17.17µg (4.29%), Vitamin C: 3.5mg (4.24%), Vitamin B6: 0.08mg (3.88%), Vitamin B3: 0.72mg (3.62%), Phosphorus: 32.07mg (3.21%), Selenium: 2.22µg (3.16%), Vitamin A: 148.73IU (2.97%), Calcium: 23.78mg (2.38%), Magnesium: 9.29mg (2.32%), Vitamin E: 0.25mg (1.66%), Vitamin B5: 0.13mg (1.34%), Zinc: 0.16mg (1.03%)