

Strawberry Pineapple Pie

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



283 kcal

DESSERT

Ingredients

- 20 ounces pineapple crushed undrained canned
- 2 egg yolk
- 1 cup cup heavy whipping cream
- 0.8 teaspoon lemon extract divided
- 1 puff pastry shells (9 inches)
- 3 tablespoons cooking tapioca
- 5 drops food coloring red
- 10 strawberries unsweetened whole frozen thawed

0.8 cup sugar divided

Equipment

food processor

bowl

sauce pan

Directions

Place pineapple and strawberries in a food processor; cover and process until smooth.

Transfer to a saucepan. Stir in the tapioca, egg yolks and 3/4 cup sugar; let stand for 5 minutes.

Cook and stir over medium heat until mixture comes to a full boil.

Remove from the heat; stir in 1/2 teaspoon extract and food coloring if desired.

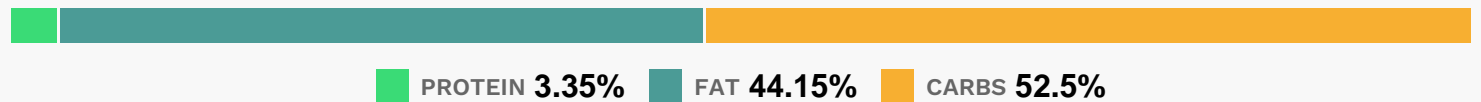
Pour into pastry shell; refrigerate for 1 hour.

In a small bowl, beat cream until it begins to thicken.

Add remaining sugar and extract; beat until stiff peaks form.

Spread over top of pie. Refrigerate for at least 4 hours or until set.

Nutrition Facts



Properties

Glycemic Index:20.76, Glycemic Load:14.86, Inflammation Score:-4, Nutrition Score:5.0226086533588%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.73mg, Pelargonidin: 3.73mg, Pelargonidin: 3.73mg, Pelargonidin: 3.73mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 283.13kcal (14.16%), Fat: 14.35g (22.08%), Saturated Fat: 7.85g (49.04%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 37.09g (13.49%), Sugar: 30.49g (33.88%), Cholesterol: 82.22mg (27.41%), Sodium: 25.87mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin C: 15.66mg (18.98%), Vitamin A: 539.51IU (10.79%), Selenium: 5.29µg (7.56%), Vitamin B1: 0.11mg (7.54%), Vitamin B2: 0.12mg (6.94%), Fiber: 1.31g (5.24%), Copper: 0.1mg (4.89%), Folate: 19.49µg (4.87%), Vitamin D: 0.72µg (4.79%), Phosphorus: 46.89mg (4.69%), Manganese: 0.09mg (4.5%), Vitamin B6: 0.09mg (4.38%), Potassium: 147.96mg (4.23%), Calcium: 39.95mg (4%), Magnesium: 15.83mg (3.96%), Vitamin E: 0.48mg (3.19%), Iron: 0.57mg (3.18%), Vitamin B3: 0.52mg (2.62%), Vitamin K: 2.76µg (2.62%), Vitamin B5: 0.23mg (2.29%), Vitamin B12: 0.14µg (2.26%), Zinc: 0.3mg (2%)