



Summer Fruit Mini Ice Cream Pies

 Dairy Free

READY IN



270 min.

SERVINGS



12

CALORIES



458 kcal

Ingredients

- 0.3 cup blackberries
- 0.5 cup blueberries
- 1 champagne mango (also called Ataulfo or Manila)
- 1 nectarines
- 0.3 cup orange marmalade
- 2 tablespoons orange zest
- 2 batches buttery pie pastry divided
- 0.3 cup raspberries
- 1 red-fleshed plum

- 1.8 qts whipped cream softened
- 3 tablespoons cointreau orange-flavored

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- plastic wrap
- pastry brush

Directions

- Working with one pastry disk at a time (keep others chilled), press disks evenly until thin (about 1/8 in.) over bottom, up sides, and especially into corners of 6 (4 1/2-in.) cheesecake pans with removable sides. Trim edges even with rims and prick bottoms all over with a fork. Chill 30 minutes. Meanwhile, preheat oven to 37
- Bake pastry on bottom rack of oven until golden brown, 20 to 25 minutes.
- Let cool completely.
- Stir ice cream with Cointreau and zest until smooth. Divide among cooled crusts, set on a baking sheet, and freeze at least 3 hours.
- Whisk marmalade with 2 tsp. water, then strain. Dice mango and thinly slice plum and nectarine. Top each pie with any combination of fruits, or go with just one. Using a pastry brush, generously dab toppings with strained marmalade and serve immediately.
- Let the pies soften for 5 minutes at room temp to make slicing easier.
- If you're having trouble freeing your pies from their pans, set one at a time over a bowl of hot water for a couple of minutes and then slide a thin knife between the pan edge and the crust. It should pop right out.
- Make ahead: Once the pies are fully frozen through step 3, they keep for up to 4 days, double-wrapped in plastic wrap. Top them just before serving.

Nutrition Facts

■ PROTEIN 6.12% ■ FAT 44.31% ■ CARBS 49.57%

Properties

Glycemic Index:27.33, Glycemic Load:21.59, Inflammation Score:-6, Nutrition Score:9.7134782905164%

Flavonoids

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Nutrients (% of daily need)

Calories: 457.87kcal (22.89%), Fat: 22.74g (34.98%), Saturated Fat: 11.7g (73.14%), Carbohydrates: 57.23g (19.08%), Net Carbohydrates: 54.32g (19.75%), Sugar: 38.32g (42.57%), Cholesterol: 60.72mg (20.24%), Sodium: 231.88mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Vitamin B2: 0.4mg (23.46%), Calcium: 191.99mg (19.2%), Phosphorus: 174.8mg (17.48%), Vitamin A: 853.44IU (17.07%), Vitamin C: 13.5mg (16.37%), Fiber: 2.92g (11.66%), Potassium: 379.9mg (10.85%), Manganese: 0.22mg (10.77%), Vitamin B1: 0.15mg (10.22%), Vitamin B5: 1.02mg (10.19%), Folate: 38.79µg (9.7%), Vitamin B12: 0.54µg (8.97%), Zinc: 1.17mg (7.8%), Magnesium: 28.99mg (7.25%), Vitamin B3: 1.28mg (6.39%), Selenium: 4.29µg (6.13%), Vitamin E: 0.89mg (5.94%), Vitamin B6: 0.12mg (5.81%), Iron: 1.01mg (5.6%), Vitamin K: 5.77µg (5.5%), Copper: 0.1mg (5.21%), Vitamin D: 0.28µg (1.84%)