



Tangerine Chess Pie

READY IN



138 min.

SERVINGS



8

CALORIES



473 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 4 large eggs lightly beaten
- 1 tablespoon flour all-purpose
- 1 tablespoon juice of lemon
- 0.3 cup orange juice fresh
- 2 teaspoons orange zest
- 14.1 oz piecrusts refrigerated
- 0.3 teaspoon salt
- 1.5 cups sugar

- 1 slices garnishes: whipped cream sweetened
- 1 tablespoon cornmeal plain yellow

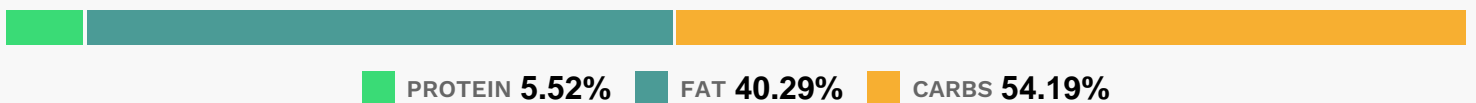
Equipment

- oven
- whisk
- wire rack
- aluminum foil

Directions

- Preheat oven to 45
- Unroll piecrusts; stack on a lightly floured surface.
- Roll into a 12-inch circle. Fit piecrust into a 9-inch pie plate; fold edges under, and crimp. Prick bottom and sides of crust with a fork.
- Bake 8 minutes; cool on a wire rack 15 minutes. Reduce oven temperature to 35
- Whisk together sugar and next 8 ingredients until blended.
- Pour into prepared piecrust.
- Bake at 350 for 40 to 45 minutes or until center is set, shielding edges with foil after 20 minutes to prevent excessive browning. Cool 1 hour.

Nutrition Facts



Properties

Glycemic Index:46.32, Glycemic Load:27.8, Inflammation Score:-3, Nutrition Score:6.8030435313349%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 473.41kcal (23.67%), Fat: 21.41g (32.94%), Saturated Fat: 8.54g (53.38%), Carbohydrates: 64.8g (21.6%), Net Carbohydrates: 63.33g (23.03%), Sugar: 38.47g (42.74%), Cholesterol: 108.35mg (36.12%), Sodium: 358.74mg (15.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.2%), Selenium: 11.23µg (16.04%), Folate: 52.71µg (13.18%), Vitamin B2: 0.22mg (12.85%), Manganese: 0.25mg (12.28%), Vitamin B1: 0.17mg (11.28%), Iron: 1.86mg (10.36%), Phosphorus: 93.13mg (9.31%), Vitamin C: 6.57mg (7.97%), Vitamin B3: 1.5mg (7.52%), Vitamin A: 336.51IU (6.73%), Vitamin B5: 0.63mg (6.3%), Fiber: 1.47g (5.89%), Vitamin E: 0.67mg (4.47%), Zinc: 0.61mg (4.07%), Vitamin B6: 0.08mg (4.07%), Vitamin K: 4.24µg (4.04%), Vitamin B12: 0.23µg (3.92%), Copper: 0.07mg (3.39%), Magnesium: 13.56mg (3.39%), Vitamin D: 0.5µg (3.34%), Potassium: 114.3mg (3.27%), Calcium: 28.01mg (2.8%)