



Tangerine Chess Pie

READY IN



135 min.

SERVINGS



8

CALORIES



478 kcal

DESSERT

Ingredients

- ☐ 1 box pie crust dough refrigerated softened
- ☐ 1.5 cups sugar
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon cornmeal yellow
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup butter melted
- ☐ 2 teaspoons 1 tangerine grated
- ☐ 0.3 cup tangerine juice fresh
- ☐ 1 tablespoon juice of lemon

- ☐ 4 eggs slightly beaten
- ☐ 1 serving garnish: whipped cream sweetened
- ☐ 1 serving 1 tangerine

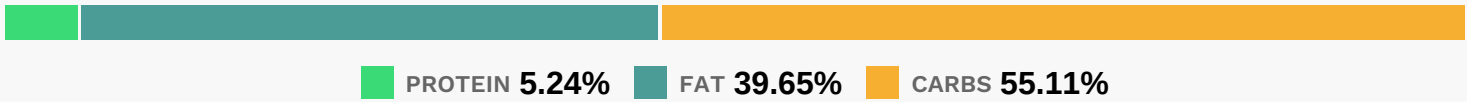
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Heat oven to 450°F.
- ☐ Remove pie crusts from pouches; unroll on lightly floured surface. Stack crusts; roll into 12-inch round. Press in bottom and up side of 9-inch glass pie plate; fold edges under and crimp. Prick bottom and side of crust with fork.
- ☐ Bake 8 minutes. Reduce oven temperature to 350°F. Cool crust 15 minutes.
- ☐ Meanwhile, in large bowl, mix all filling ingredients with whisk until blended.
- ☐ Pour into partially baked crust.
- ☐ Bake 40 to 45 minutes or until center is set, covering edges with foil after 20 minutes of baking to prevent excessive browning. Cool on cooling rack 1 hour.
- ☐ Garnish, if desired. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:50.32, Glycemic Load:28.01, Inflammation Score:-4, Nutrition Score:6.9139130219169%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 478.05kcal (23.9%), Fat: 21.32g (32.8%), Saturated Fat: 8.54g (53.38%), Carbohydrates: 66.69g (22.23%), Net Carbohydrates: 65g (23.64%), Sugar: 40.23g (44.7%), Cholesterol: 97.66mg (32.55%), Sodium: 354.95mg (15.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.67%), Selenium: 10.33µg (14.76%), Folate: 50.98µg (12.75%), Manganese: 0.25mg (12.65%), Vitamin B2: 0.21mg (12.3%), Vitamin B1: 0.17mg (11.53%), Iron: 1.83mg (10.17%), Vitamin C: 7.72mg (9.36%), Phosphorus: 90.32mg (9.03%), Vitamin A: 429.04IU (8.58%), Vitamin B3: 1.52mg (7.62%), Fiber: 1.69g (6.75%), Vitamin B5: 0.61mg (6.09%), Vitamin E: 0.68mg (4.54%), Vitamin B6: 0.09mg (4.37%), Vitamin K: 4.23µg (4.03%), Zinc: 0.58mg (3.88%), Potassium: 132.37mg (3.78%), Magnesium: 14.63mg (3.66%), Vitamin B12: 0.21µg (3.5%), Copper: 0.07mg (3.48%), Calcium: 32.38mg (3.24%), Vitamin D: 0.44µg (2.95%)