



## Tropical Fruit Chiffon Pie

READY IN



300 min.

SERVINGS



8

CALORIES



557 kcal

DESSERT

### Ingredients

- 8 oz pineapple crushed canned
- 1 teaspoon coconut extract
- 8 oz cream cheese softened
- 1 box gelatin powder lemon-flavored (4-serving size)
- 1 tablespoon juice of lemon fresh
- 8 servings mandarin orange segments
- 11 oz mandarin orange segments drained canned
- 8 servings mint leaves
- 1 pie crust dough refrigerated softened

- 0.8 cup sugar
- 2 tablespoons sugar
- 8 servings whipped cream
- 1.5 cups whipping cream

## Equipment

- bowl
- oven
- blender
- hand mixer

## Directions

- Heat oven to 450F.
- Place pie crust in bottom of ungreased 9-inch glass pie plate. Prick bottom and side with fork.
- Bake 10 to 12 minutes or until light brown. Cool before filling.
- Drain pineapple, reserving syrup.
- Add water to pineapple syrup to measure 1 cup of liquid.
- Heat to boiling; remove from heat. Stir in gelatin until dissolved. Set aside.
- In large bowl combine softened cream cheese and 3/4 cup sugar with electric mixer.
- Add pineapple and 1/2 cup of the mandarin orange segments. Beat with mixer until creamy. While beating, add gelatin mixture, lemon juice and coconut extract. Chill until mixture is thick but not firm, about 1 hour.
- Beat 1 1/2 cups whipping cream until stiff.
- Add 2 tablespoons sugar to cream while beating. Reserve 1 cup whipped cream for top of pie.
- Add remainder of whipped cream to chilled gelatin mixture and mix at low speed. Chill about 15 minutes or until mixture is firm enough to mound. Heap into crust. Chill until firm, at least 3 hours.
- Garnish with reserved 1 cup whipped cream, remaining mandarin orange segments and mint leaves. Store in refrigerator.

## Nutrition Facts

PROTEIN 6.18% FAT 52.1% CARBS 41.72%

## Properties

Glycemic Index:38.27, Glycemic Load:23.17, Inflammation Score:-9, Nutrition Score:11.873912883841%

## Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 12.12mg, Hesperetin: 12.12mg, Hesperetin: 12.12mg, Hesperetin: 12.12mg Naringenin: 14.85mg, Naringenin: 14.85mg, Naringenin: 14.85mg, Naringenin: 14.85mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 557.27kcal (27.86%), Fat: 33.31g (51.25%), Saturated Fat: 18.62g (116.37%), Carbohydrates: 60.03g (20.01%), Net Carbohydrates: 56.38g (20.5%), Sugar: 44.41g (49.34%), Cholesterol: 83.62mg (27.87%), Sodium: 199.16mg (8.66%), Alcohol: 0.21g (100%), Alcohol %: 0.09% (100%), Protein: 8.9g (17.79%), Vitamin C: 43.49mg (52.71%), Vitamin A: 2142.55IU (42.85%), Vitamin B2: 0.26mg (15.53%), Fiber: 3.65g (14.6%), Calcium: 131.09mg (13.11%), Vitamin B1: 0.19mg (12.87%), Folate: 47.05µg (11.76%), Potassium: 399.58mg (11.42%), Phosphorus: 110.72mg (11.07%), Copper: 0.2mg (10.01%), Selenium: 6.85µg (9.78%), Vitamin B6: 0.18mg (9.19%), Manganese: 0.17mg (8.66%), Magnesium: 33.29mg (8.32%), Vitamin E: 1.09mg (7.3%), Vitamin B5: 0.71mg (7.1%), Vitamin B3: 1.29mg (6.47%), Iron: 1.04mg (5.75%), Vitamin D: 0.74µg (4.92%), Vitamin K: 3.89µg (3.7%), Zinc: 0.52mg (3.46%), Vitamin B12: 0.15µg (2.52%)