



Avocado Pie

READY IN



10 min.

SERVINGS



8

CALORIES



1229 kcal

Ingredients

- ☐ 1 avocado mashed
- ☐ 0.3 cup juice of lemon fresh to taste
- ☐ 9 inch pie shell
- ☐ 14 ounce condensed milk sweetened canned

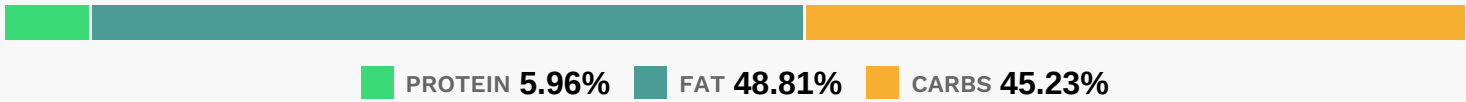
Equipment

Directions

- ☐ Stir milk into mashed avocado. Stir in lemon juice.
- ☐ Combine well, then pour into pie shell. Cover, and refrigerate at least 4 hours.

Serve with cool whip.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:16.65, Inflammation Score:-6, Nutrition Score:20.855217537154%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1229.38kcal (61.47%), Fat: 66.69g (102.59%), Saturated Fat: 21.62g (135.12%), Carbohydrates: 139.05g (46.35%), Net Carbohydrates: 131.72g (47.9%), Sugar: 27.35g (30.39%), Cholesterol: 16.87mg (5.62%), Sodium: 985.09mg (42.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.63%), Manganese: 1.03mg (51.7%), Folate: 184.83µg (46.21%), Vitamin B1: 0.68mg (45.47%), Vitamin B2: 0.62mg (36.63%), Iron: 6.09mg (33.83%), Vitamin B3: 6.62mg (33.12%), Phosphorus: 301.19mg (30.12%), Fiber: 7.33g (29.33%), Selenium: 20.28µg (28.97%), Vitamin K: 22µg (20.95%), Calcium: 187.12mg (18.71%), Vitamin B5: 1.64mg (16.42%), Potassium: 532.02mg (15.2%), Magnesium: 54.39mg (13.6%), Copper: 0.23mg (11.26%), Vitamin E: 1.65mg (10.97%), Zinc: 1.64mg (10.96%), Vitamin B6: 0.21mg (10.29%), Vitamin C: 6.75mg (8.19%), Vitamin B12: 0.22µg (3.64%), Vitamin A: 171.85IU (3.44%)