



Berry Berry Cool Pie

READY IN



45 min.

SERVINGS



10

CALORIES



266 kcal

Ingredients

- 1.5 cups blackberries fresh assorted (raspberries, blueberries or blackberries)
- 2 tablespoons juice of lemon
- 6 oz pie crust dough
- 14 oz condensed milk sweetened eagle brand® canned
- 8 oz non-dairy whipped topping frozen thawed

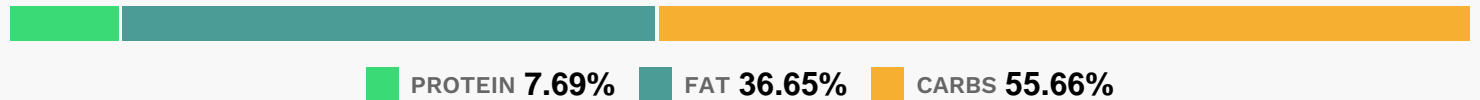
Equipment

- bowl
- ziploc bags

Directions

- MIX together sweetened condensed milk and lemon juice in large bowl until blended. Stir in berries. Fold in whipped topping. Spoon into crust.FREEZE 5 hours or until set.
- Let stand 30 to 40 minutes before serving.
- Garnish as desired.For Fudge
- Place 2 tablespoons Smucker's Hot Fudge Topping in resealable plastic bag.
- Cut small piece off one corner.
- Drizzle topping over pie before serving.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:13.4, Inflammation Score:-3, Nutrition Score:5.9539130563321%

Flavonoids

Cyanidin: 21.59mg, Cyanidin: 21.59mg, Cyanidin: 21.59mg, Cyanidin: 21.59mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 8.01mg, Catechin: 8.01mg, Catechin: 8.01mg, Catechin: 8.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 265.89kcal (13.29%), Fat: 10.97g (16.88%), Saturated Fat: 6.13g (38.34%), Carbohydrates: 37.5g (12.5%), Net Carbohydrates: 35.92g (13.06%), Sugar: 28.07g (31.19%), Cholesterol: 13.95mg (4.65%), Sodium: 136.55mg (5.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Calcium: 138.5mg (13.85%), Phosphorus: 134.44mg (13.44%), Vitamin B2: 0.22mg (12.97%), Manganese: 0.22mg (10.87%), Selenium: 7.48µg (10.68%), Vitamin C: 6.73mg (8.16%), Potassium: 224.74mg (6.42%), Fiber: 1.58g (6.32%), Vitamin K: 6.48µg (6.17%), Vitamin B1: 0.09mg (6.14%), Folate: 22.95µg (5.74%), Magnesium: 18.96mg (4.74%), Vitamin B5: 0.43mg (4.3%),

Zinc: 0.59mg (3.92%), Iron: 0.68mg (3.76%), Vitamin B12: 0.22 μ g (3.67%), Vitamin B3: 0.71mg (3.54%), Vitamin E: 0.51mg (3.42%), Vitamin A: 169.33IU (3.39%), Copper: 0.06mg (2.85%), Vitamin B6: 0.04mg (2.06%)