



Blueberry-Lemon Pie

READY IN



45 min.

SERVINGS



45

CALORIES



47 kcal

Ingredients

- 3 cups blueberries
- 0.3 cup butter melted ()
- 8 oz philadelphia cream cheese softened
- 1.3 cups graham cracker crumbs
- 3 Tbsp juice of lemon
- 0.3 cup sugar and milk
- 1 cup cool whip whipped topping thawed

Equipment

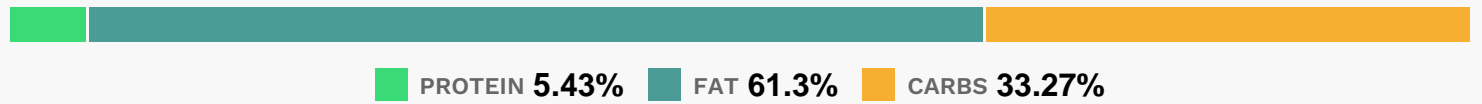
- bowl

blender

Directions

- Mix cracker crumbs and butter in 9-inch pie plate; press onto bottom and up side of pie plate.
- Beat cream cheese, sugar, milk and juice in medium bowl with mixer until well blended. Gently stir in COOL WHIP.
- Spread onto bottom of crust; top with blueberries.
- Refrigerate 30 min.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:1.83, Inflammation Score:-1, Nutrition Score:0.92217391502598%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 46.97kcal (2.35%), Fat: 3.29g (5.06%), Saturated Fat: 1.92g (12%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.69g (1.34%), Sugar: 2.19g (2.44%), Cholesterol: 8mg (2.67%), Sodium: 41.13mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Vitamin A: 108.02IU (2.16%), Vitamin K: 2.16µg (2.05%), Manganese: 0.03mg (1.69%), Vitamin C: 1.34mg (1.63%), Vitamin B2: 0.03mg (1.48%), Phosphorus: 14.28mg (1.43%), Fiber: 0.32g (1.28%), Calcium: 10.54mg (1.05%)