



Blueberry-Topped Lemon Ice-Cream Pie

 Dairy Free

READY IN



335 min.

SERVINGS



8

CALORIES



255 kcal

Ingredients

- 6 ounces vanilla wafers
- 2 cups whipped cream softened
- 2 cups pineapple sherbet softened
- 0.5 cup blueberries fresh
- 0.3 cup jam
- 1 tablespoon juice of lemon
- 1 serving lemon zest grated

Equipment

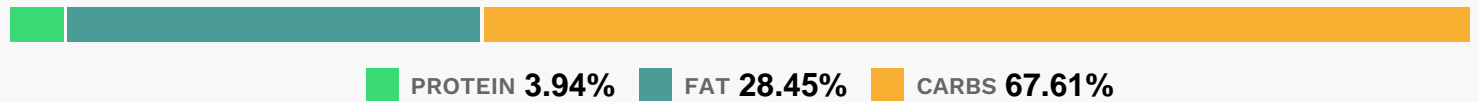
- bowl

oven

Directions

- Heat oven to 375°.
- Bake cookie crust 5 minutes. Cool completely, about 20 minutes.
- Spread 1 cup of the vanilla ice cream over bottom of cooled crust. Freeze 30 minutes.
- Spread lemon sherbet over ice cream. Freeze 30 minutes.
- Spread remaining ice cream over sherbet. Freeze at least 4 hours until firm.
- Mix blueberries, preserves and lemon juice in small bowl; refrigerate until serving.
- Serve 1 tablespoon blueberry mixture over each slice of pie.
- Garnish with lemon peel.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:26.25, Inflammation Score:-2, Nutrition Score:3.465217354505%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 255.06kcal (12.75%), Fat: 8.11g (12.48%), Saturated Fat: 3.89g (24.29%), Carbohydrates: 43.37g (14.46%), Net Carbohydrates: 42.02g (15.28%), Sugar: 28.83g (32.03%), Cholesterol: 15.1mg (5.03%), Sodium: 132.41mg

(5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin B2: 0.18mg (10.36%), Vitamin B1: 0.12mg (7.89%), Calcium: 65.05mg (6.5%), Phosphorus: 61.66mg (6.17%), Folate: 23.94µg (5.99%), Fiber: 1.36g (5.43%), Vitamin C: 3.64mg (4.41%), Potassium: 136.33mg (3.9%), Vitamin B3: 0.66mg (3.29%), Vitamin A: 161.07IU (3.22%), Vitamin B12: 0.18µg (2.95%), Vitamin B5: 0.29mg (2.91%), Zinc: 0.43mg (2.85%), Magnesium: 8.68mg (2.17%), Manganese: 0.04mg (2.11%), Selenium: 1.37µg (1.96%), Vitamin K: 1.88µg (1.79%), Copper: 0.03mg (1.71%), Vitamin B6: 0.03mg (1.61%), Vitamin E: 0.17mg (1.14%)