



Cassie's Frozen Cranberry Pie

READY IN



65 min.

SERVINGS



10

CALORIES



281 kcal

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 1 graham cracker crust
- ☐ 8 ounce non-dairy whipped topping thawed
- ☐ 14.5 ounce whole-berry cranberry sauce prepared canned

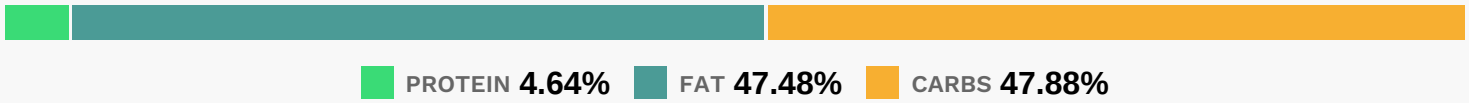
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐
- Mix together the cranberries, whipped topping, and cream cheese in a bowl.
- ☐
- Spread the mixture into the bottom of the prepared pie crust. Cover the pie with plastic wrap. Freeze at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:3.6860869552778%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 280.71kcal (14.04%), Fat: 15.05g (23.15%), Saturated Fat: 8g (49.98%), Carbohydrates: 34.14g (11.38%), Net Carbohydrates: 33.37g (12.13%), Sugar: 22.35g (24.84%), Cholesterol: 23.36mg (7.79%), Sodium: 169.67mg (7.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Manganese: 0.25mg (12.3%), Vitamin B2: 0.12mg (6.91%), Vitamin A: 338.81IU (6.78%), Vitamin E: 1.01mg (6.7%), Phosphorus: 62.58mg (6.26%), Vitamin K: 5.48µg (5.22%), Calcium: 44.26mg (4.43%), Selenium: 3.1µg (4.43%), Iron: 0.66mg (3.66%), Folate: 14.18µg (3.55%), Vitamin B3: 0.63mg (3.16%), Vitamin B1: 0.05mg (3.15%), Fiber: 0.78g (3.1%), Copper: 0.05mg (2.75%), Zinc: 0.36mg (2.41%), Potassium: 83.56mg (2.39%), Magnesium: 8.36mg (2.09%), Vitamin B6: 0.04mg (1.8%), Vitamin B5: 0.16mg (1.6%), Vitamin B12: 0.1µg (1.59%)