



Cherry Icebox Pie



Vegetarian

READY IN



155 min.

SERVINGS



16

CALORIES



203 kcal

Ingredients

- ☐ 16 ounce cherries sour pitted drained canned
- ☐ 3 eggs
- ☐ 0.3 cup juice of lemon
- ☐ 28 ounce condensed milk sweetened canned
- ☐ 18 inch vanilla wafer crust prepared

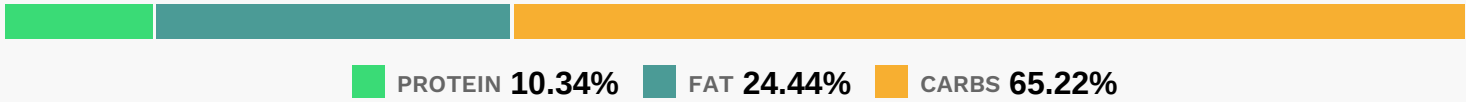
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, beat the eggs well.
- ☐ In another bowl, mix together milk and lemon juice, and add to the eggs. Stir in pie cherries. Divide filling into crusts.
- ☐ Place pies in the preheated oven and bake for 15 minutes.
- ☐ Remove from oven and chill for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:18.91, Inflammation Score:-2, Nutrition Score:5.1869564730188%

Flavonoids

Cyanidin: 8.56mg, Cyanidin: 8.56mg, Cyanidin: 8.56mg, Cyanidin: 8.56mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 203.23kcal (10.16%), Fat: 5.67g (8.72%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 34.02g (11.34%), Net Carbohydrates: 33.37g (12.14%), Sugar: 31.68g (35.2%), Cholesterol: 47.59mg (15.86%), Sodium: 86.26mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.79%), Vitamin B2: 0.26mg (15.34%), Calcium: 149.51mg (14.95%), Phosphorus: 149.41mg (14.94%), Selenium: 9.88µg (14.11%), Potassium: 266.02mg (7.6%), Vitamin C: 5.24mg (6.35%), Vitamin B5: 0.56mg (5.62%), Vitamin B12: 0.29µg (4.86%), Vitamin B1: 0.07mg (4.59%), Magnesium: 17.31mg (4.33%), Zinc: 0.6mg (3.97%), Vitamin A: 195.46IU (3.91%), Folate: 14µg (3.5%), Vitamin B6: 0.06mg (2.78%), Fiber: 0.65g (2.6%), Iron: 0.34mg (1.92%), Vitamin D: 0.26µg (1.76%), Copper: 0.03mg (1.56%),

Vitamin E: 0.19mg (1.29%), Manganese: 0.03mg (1.29%), Vitamin B3: 0.23mg (1.16%)