

Chocolate-Berry Cream Pies

 Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



264 kcal

Ingredients

- 21 ounces peach pie filling canned
- 3 9-inch chocolate pie crust (es)
- 0.5 gallon ice-cream chocolate shell softened
- 11 ounces cranberry juice cocktail concentrate frozen thawed canned
- 16 ounces non-dairy whipped topping frozen divided thawed

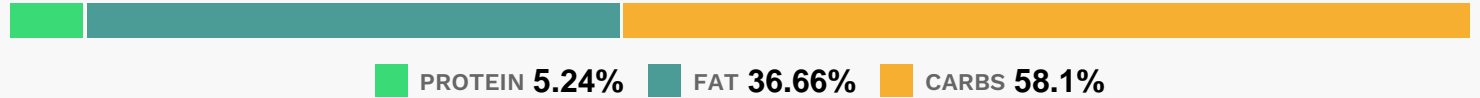
Equipment

- bowl

Directions

- In a large bowl, combine ice cream and juice concentrate. Fold in 4 cups whipped topping. Spoon into crusts. Cover and freeze for 4 hours or until firm.
- Remove pies from the freezer 15 minutes before serving.
- Garnish with pie filling and remaining whipped topping.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:10.65, Inflammation Score:-3, Nutrition Score:4.8969565811365%

Nutrients (% of daily need)

Calories: 264.21kcal (13.21%), Fat: 11.2g (17.24%), Saturated Fat: 7.5g (46.9%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 38.72g (14.08%), Sugar: 33.47g (37.19%), Cholesterol: 27.19mg (9.06%), Sodium: 86.36mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin B2: 0.18mg (10.42%), Calcium: 101.8mg (10.18%), Phosphorus: 100.93mg (10.09%), Vitamin C: 6.92mg (8.39%), Vitamin A: 352.43IU (7.05%), Manganese: 0.14mg (6.76%), Potassium: 233.14mg (6.66%), Magnesium: 25.38mg (6.34%), Copper: 0.12mg (6.23%), Vitamin B5: 0.51mg (5.11%), Fiber: 1.22g (4.89%), Iron: 0.87mg (4.82%), Vitamin B12: 0.27µg (4.44%), Selenium: 2.5µg (3.57%), Folate: 13.27µg (3.32%), Zinc: 0.5mg (3.3%), Vitamin B1: 0.04mg (2.88%), Vitamin B6: 0.06mg (2.87%), Vitamin E: 0.34mg (2.27%), Vitamin B3: 0.21mg (1.07%), Vitamin D: 0.16µg (1.05%)