



Citrus Sorbet Pie

 Dairy Free

READY IN



260 min.

SERVINGS



20

CALORIES



103 kcal

Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 2 cups marshmallows jet-puffed miniature
- 1 cup orange sherbet
- 3 oz jell-o orange flavor gelatin
- 8 oz pineapple in juice crushed drained canned
- 0.7 cup water boiling
- 2 cups cool whip whipped topping thawed

Equipment

- bowl

whisk

Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Add sherbet; stir with whisk until melted.
- Add COOL WHIP, marshmallows and pineapple; stir until blended. Refrigerate 10 min. or until mixture is thick enough to mound.
- Pour into crust.
- Freeze 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:5.15, Glycemic Load:2.82, Inflammation Score:-1, Nutrition Score:1.8104347768037%

Flavonoids

Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 102.54kcal (5.13%), Fat: 3.13g (4.81%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 17.45g (6.34%), Sugar: 12.31g (13.67%), Cholesterol: 0.15mg (0.05%), Sodium: 69.78mg (3.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin C: 5.85mg (7.1%), Manganese: 0.11mg (5.63%), Vitamin B1: 0.04mg (2.45%), Phosphorus: 23.95mg (2.4%), Copper: 0.05mg (2.35%), Folate: 9.2µg (2.3%), Fiber: 0.53g (2.12%), Vitamin K: 2.17µg (2.07%), Vitamin B2: 0.03mg (1.92%), Vitamin B3: 0.34mg (1.72%), Iron: 0.29mg (1.59%), Vitamin E: 0.21mg (1.42%), Potassium: 48.08mg (1.37%), Calcium: 13.72mg (1.37%), Magnesium: 5.35mg (1.34%), Selenium: 0.86µg (1.23%), Vitamin B6: 0.02mg (1.1%)