



## Coolaid Pie

READY IN



130 min.

SERVINGS



8

CALORIES



1181 kcal

### Ingredients

- 9 inch graham cracker crust prepared
- 1 liquid malt extract unsweetened cherry flavored
- 14 ounce condensed milk sweetened canned
- 8 ounce non-dairy whipped topping frozen thawed

### Equipment

- bowl

### Directions

- In a medium bowl, combine drink mix powder and condensed milk.

- Mix until smooth and even in color. Fold in whipped topping.
- Pour mixture into graham cracker and refrigerate for at least 2 hours.

## Nutrition Facts

**PROTEIN 4.91%** **FAT 42.15%** **CARBS 52.94%**

### Properties

Glycemic Index:7.63, Glycemic Load:16.46, Inflammation Score:-5, Nutrition Score:22.123478114605%

### Nutrients (% of daily need)

Calories: 1181.45kcal (59.07%), Fat: 55.47g (85.34%), Saturated Fat: 15.5g (96.85%), Carbohydrates: 156.74g (52.25%), Net Carbohydrates: 153.11g (55.68%), Sugar: 68.36g (75.95%), Cholesterol: 17.47mg (5.82%), Sodium: 984.71mg (42.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.09%), Manganese: 2.46mg (123.23%), Vitamin K: 42.9µg (40.86%), Vitamin B2: 0.64mg (37.67%), Phosphorus: 370.71mg (37.07%), Folate: 130.68µg (32.67%), Vitamin B3: 6.3mg (31.49%), Iron: 5.1mg (28.31%), Vitamin B1: 0.4mg (26.86%), Vitamin E: 3.76mg (25.06%), Copper: 0.44mg (21.85%), Calcium: 216.86mg (21.69%), Zinc: 2.89mg (19.24%), Selenium: 13.02µg (18.59%), Magnesium: 58.99mg (14.75%), Fiber: 3.63g (14.54%), Potassium: 429.75mg (12.28%), Vitamin B6: 0.18mg (8.84%), Vitamin B5: 0.71mg (7.13%), Vitamin B12: 0.28µg (4.6%), Vitamin A: 155.63IU (3.11%), Vitamin C: 1.29mg (1.57%)