



Creamy Cranberry Pie



Dairy Free

READY IN



290 min.

SERVINGS



8

CALORIES



266 kcal

Ingredients

- ☐ 6 oz ready-to-use graham cracker crumb crust
- ☐ 8 servings ice cubes
- ☐ 1 pkg jell-o cranberry flavor gelatin (4-serving size)
- ☐ 1 tsp orange zest grated
- ☐ 0.5 cup water cold
- ☐ 0.7 cup water boiling
- ☐ 8 oz cool whip whipped topping thawed
- ☐ 1 cup berry cranberry sauce whole

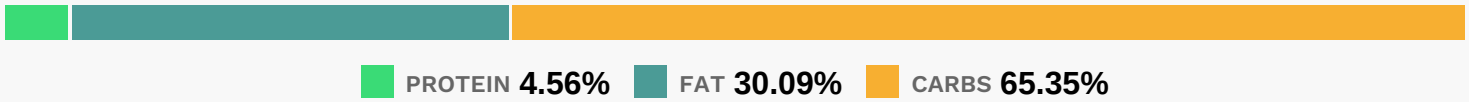
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Stir boiling water into dry gelatin in large bowl 2 minutes until completely dissolved.
- ☐ Add enough ice to cold water to measure 1 cup.
- ☐ Add to gelatin; stir until slightly thickened.
- ☐ Remove any unmelted ice.
- ☐ Add whipped topping and orange zest; beat with wire whisk until well blended. Gently stir in cranberry sauce. Refrigerate 20 to 30 minutes or until mixture is very thick and will mound. Spoon into crust.
- ☐ Refrigerate 4 hours or until firm. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.3273912888506%

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: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 266.4kcal (13.32%), Fat: 9.04g (13.91%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 44.18g (14.73%), Net Carbohydrates: 43.36g (15.77%), Sugar: 30.81g (34.23%), Cholesterol: 0.57mg (0.19%), Sodium: 176.35mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Manganese: 0.3mg (14.79%), Phosphorus: 62.29mg (6.23%), Vitamin K: 6.03µg (5.75%), Vitamin E: 0.86mg (5.74%), Vitamin B2: 0.08mg (4.87%), Copper: 0.09mg (4.33%), Iron: 0.74mg (4.11%), Folate: 15.41µg (3.85%), Vitamin B3: 0.75mg (3.76%), Vitamin B1: 0.05mg (3.38%), Fiber: 0.82g (3.26%), Calcium: 30.78mg (3.08%), Selenium: 2.09µg (2.98%), Magnesium: 8.75mg (2.19%), Zinc: 0.32mg (2.1%), Potassium: 63.73mg (1.82%), Vitamin B6: 0.03mg (1.36%)