



Creamy Lemon Pie

READY IN



255 min.

SERVINGS



8

CALORIES



335 kcal

Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 6.8 oz jell-o vanilla flavor pudding instant
- 6 oz lemonade concentrate frozen thawed ()
- 1.8 cups milk cold
- 8 oz cool whip whipped topping thawed

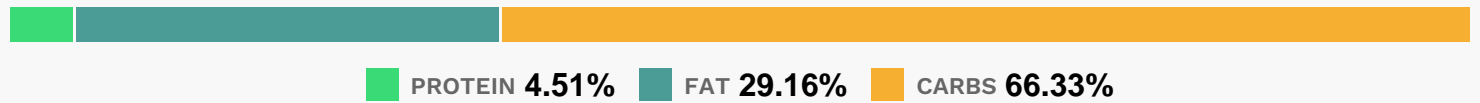
Equipment

- bowl
- whisk

Directions

- Beat pudding mixes and milk in large bowl with whisk 2 min.
- Add lemonade concentrate; beat 1 min. or until blended. (
- Mixture will be thick.) Gently stir in COOL WHIP.
- Spoon into crust.
- Refrigerate 4 hours or until set.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.95, Inflammation Score:-1, Nutrition Score:4.7691304891006%

Nutrients (% of daily need)

Calories: 335.05kcal (16.75%), Fat: 10.94g (16.83%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 56g (18.67%), Net Carbohydrates: 55.38g (20.14%), Sugar: 41.69g (46.32%), Cholesterol: 6.97mg (2.32%), Sodium: 295.34mg (12.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Manganese: 0.28mg (14.02%), Phosphorus: 101.73mg (10.17%), Calcium: 94.64mg (9.46%), Vitamin B2: 0.15mg (8.68%), Vitamin B12: 0.34µg (5.75%), Vitamin K: 5.74µg (5.47%), Vitamin B1: 0.08mg (5.26%), Potassium: 152.85mg (4.37%), Folate: 16.16µg (4.04%), Vitamin B3: 0.79mg (3.96%), Vitamin D: 0.59µg (3.91%), Vitamin E: 0.58mg (3.87%), Magnesium: 14.77mg (3.69%), Selenium: 2.55µg (3.64%), Zinc: 0.53mg (3.51%), Iron: 0.62mg (3.44%), Vitamin C: 2.79mg (3.38%), Vitamin B6: 0.06mg (2.93%), Copper: 0.06mg (2.93%), Vitamin B5: 0.26mg (2.61%), Fiber: 0.61g (2.45%), Vitamin A: 107.66IU (2.15%)