

Creamy Lemon Pie

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

Ingredients

- 14 ounce condensed milk sweetened canned
- 3 egg yolk
- 8 servings graham crackers (8- or)
- 0.5 cup juice of lemon
- 8 servings non-dairy whipped topping

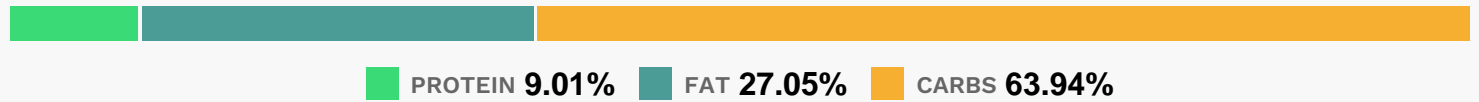
Equipment

- bowl
- oven

Directions

- Preheat oven to 325 degrees F. Beat egg yolks in medium bowl with rotary beater or fork; gradually beat in sweetened condensed milk and lemon juice.
- Pour into crust.
- Bake 30 to 35 minutes or until set.
- Remove from oven. Cool 1 hour. Chill at least 3 hours.
- Before serving, spread whipped topping or whipped cream over pie.
- Garnish with lemon zest (optional). Store leftovers covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:31.55, Inflammation Score:-3, Nutrition Score:7.2799999364044%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 313.14kcal (15.66%), Fat: 9.53g (14.66%), Saturated Fat: 4.32g (27%), Carbohydrates: 50.68g (16.89%), Net Carbohydrates: 49.68g (18.07%), Sugar: 34.91g (38.79%), Cholesterol: 89.86mg (29.95%), Sodium: 254.16mg (11.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.29%), Phosphorus: 212.95mg (21.3%), Vitamin B2: 0.32mg (18.56%), Calcium: 175.83mg (17.58%), Selenium: 11.25µg (16.07%), Vitamin C: 7.19mg (8.72%), Vitamin B1: 0.12mg (8.33%), Iron: 1.45mg (8.06%), Zinc: 1.18mg (7.85%), Folate: 31.38µg (7.84%), Magnesium: 30.99mg (7.75%), Potassium: 261.23mg (7.46%), Vitamin B12: 0.36µg (5.98%), Vitamin B5: 0.59mg (5.94%), Vitamin B3: 1.18mg (5.91%), Vitamin A: 234.04IU (4.68%), Vitamin B6: 0.08mg (4.24%), Fiber: 1g (3.99%), Vitamin D: 0.46µg (3.09%), Vitamin E: 0.3mg (1.99%), Copper: 0.02mg (1.2%)