



## Creamy Lemon Pie II

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



1067 kcal

### Ingredients

- 1.5 teaspoons gelatin powder unflavored
- 1 juice of lemon juiced
- 9 inch pie shell
- 0.5 cup water
- 1.7 cups non-dairy whipped topping frozen thawed

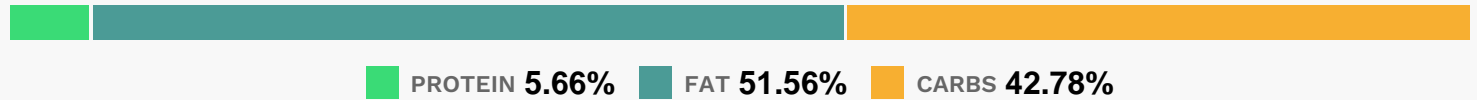
### Equipment

- bowl
- microwave

## Directions

- In a small microwave safe bowl, combine water and gelatin. Microwave for 1 minute. Stir in the lemon juice. Fold in 1/3 of the whipped topping to lighten, then fold in the remaining whipped topping until no streaks remain.
- Pour into baked pie shell. Chill in refrigerator until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:15.459565350543%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 1066.59kcal (53.33%), Fat: 60.71g (93.41%), Saturated Fat: 20.13g (125.78%), Carbohydrates: 113.34g (37.78%), Net Carbohydrates: 107.71g (39.17%), Sugar: 3.78g (4.2%), Cholesterol: 0.31mg (0.1%), Sodium: 933.75mg (40.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.98g (29.97%), Manganese: 1mg (49.79%), Vitamin B1: 0.62mg (41.53%), Folate: 158.94µg (39.74%), Iron: 5.88mg (32.65%), Vitamin B3: 6.09mg (30.47%), Vitamin B2: 0.4mg (23.46%), Fiber: 5.64g (22.55%), Selenium: 13.5µg (19.29%), Phosphorus: 174.15mg (17.42%), Vitamin K: 16.92µg (16.12%), Copper: 0.19mg (9.47%), Vitamin B5: 0.92mg (9.17%), Magnesium: 35.38mg (8.85%), Vitamin E: 1.12mg (7.46%), Zinc: 1.03mg (6.88%), Potassium: 238.01mg (6.8%), Vitamin B6: 0.12mg (5.87%), Calcium: 54.92mg (5.49%), Vitamin C: 1.45mg (1.76%)