



Dream Cream Cheese Pie

READY IN



45 min.

SERVINGS



16

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 21 ounce peach pie filling canned
- ☐ 3 bananas
- ☐ 1 cup confectioners' sugar
- ☐ 8 ounce cream cheese
- ☐ 18 inch graham cracker crusts prepared
- ☐ 12 ounce non-dairy whipped topping frozen thawed

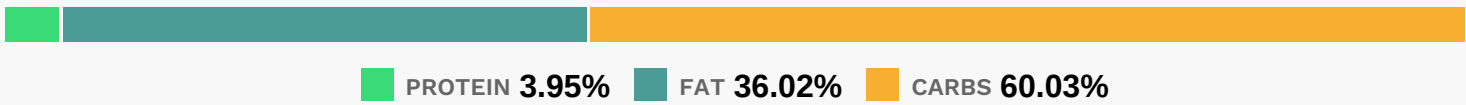
Equipment

- ☐ hand mixer

Directions

- ☐ Slice bananas, and arrange on the bottom of each pie crust.
- ☐ Mix confectioners' sugar, cream cheese, and nondairy whipped topping with an electric mixer for about 2 minutes. Divide mixture into pie shells. Top with fresh fruit or pie filling of you choice.
- ☐ Chill in freezer for 2 hours, or leave in refrigerator over night.
- ☐ Serve!!!

Nutrition Facts



Properties

Glycemic Index:9.74, Glycemic Load:4.2, Inflammation Score:-2, Nutrition Score:2.5747825840245%

Flavonoids

Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 195.43kcal (9.77%), Fat: 8.06g (12.4%), Saturated Fat: 5.34g (33.35%), Carbohydrates: 30.22g (10.07%), Net Carbohydrates: 29.17g (10.61%), Sugar: 21.38g (23.75%), Cholesterol: 14.74mg (4.91%), Sodium: 96.51mg (4.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin B6: 0.1mg (5.11%), Vitamin B2: 0.08mg (4.72%), Vitamin A: 229.19IU (4.58%), Phosphorus: 44.15mg (4.41%), Fiber: 1.04g (4.18%), Potassium: 141.34mg (4.04%), Manganese: 0.07mg (3.58%), Calcium: 33.77mg (3.38%), Vitamin C: 2.56mg (3.1%), Selenium: 2.11µg (3.01%), Magnesium: 11.17mg (2.79%), Copper: 0.04mg (2.19%), Folate: 7.65µg (1.91%), Iron: 0.32mg (1.8%), Vitamin E: 0.27mg (1.77%), Vitamin B5: 0.17mg (1.7%), Vitamin B1: 0.03mg (1.69%), Vitamin B3: 0.3mg (1.51%), Zinc: 0.2mg (1.31%), Vitamin B12: 0.07µg (1.23%), Vitamin K: 1.27µg (1.21%)