



Eagle Brand® Lemon Cream Pie

READY IN



285 min.

SERVINGS



8

CALORIES



194 kcal

Ingredients

- ☐ 3 large egg yolks
- ☐ 0.5 cup juice of lemon pure santa cruz organic®
- ☐ 1 9-inch baked pie crust prepared ()
- ☐ 14 ounce condensed milk sweetened eagle brand® canned
- ☐ 8 servings whipped cream frozen thawed

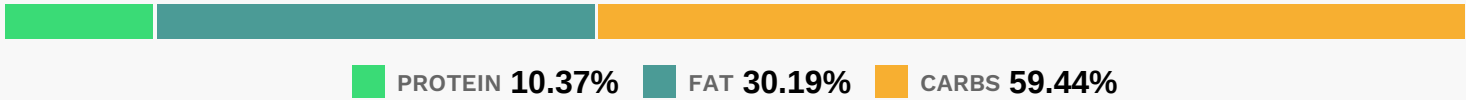
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 325 degrees F. Beat egg yolks in medium bowl with mixer.
- ☐ Add sweetened condensed milk and lemon juice until well mixed.
- ☐ Pour into crust.
- ☐ Bake 30 to 35 minutes or until set.
- ☐ Remove from oven. Cool 1 hour. Chill at least 3 hours.
- ☐ Spread whipped topping or whipped cream over pie before serving.
- ☐ Garnish with lemon peel, if desired.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:16.53, Inflammation Score:-2, Nutrition Score:5.2291305045719%

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: 193.75kcal (9.69%), Fat: 6.64g (10.22%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 29.43g (9.81%), Net Carbohydrates: 29.38g (10.68%), Sugar: 28.5g (31.67%), Cholesterol: 85.81mg (28.6%), Sodium: 70.28mg (3.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.27%), Selenium: 11.04µg (15.77%), Phosphorus: 155.18mg (15.52%), Calcium: 153.33mg (15.33%), Vitamin B2: 0.25mg (14.51%), Vitamin C: 7.19mg (8.72%), Potassium: 211.48mg (6.04%), Vitamin B12: 0.35µg (5.86%), Vitamin B5: 0.58mg (5.83%), Vitamin A: 228.64IU (4.57%), Folate: 18.01µg (4.5%), Zinc: 0.63mg (4.18%), Vitamin B1: 0.06mg (4.05%), Magnesium: 14.52mg (3.63%), Vitamin D: 0.44µg (2.96%), Vitamin B6: 0.06mg (2.78%), Vitamin E: 0.29mg (1.93%), Iron: 0.29mg (1.61%)