



Easy Cheesecake Pie

READY IN



45 min.

SERVINGS



10

CALORIES



1005 kcal

DESSERT

Ingredients

- 8 ounce cream cheese
- 9 inch pie shell
- 1 teaspoon vanilla extract
- 12 ounce non-dairy whipped topping frozen thawed
- 0.3 cup sugar white

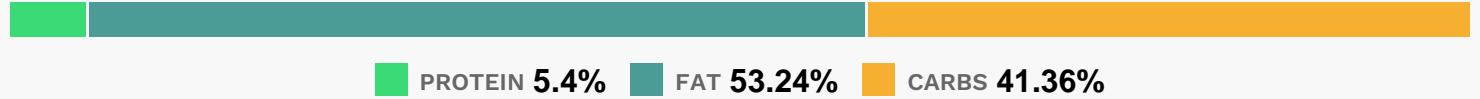
Equipment

- bowl
- microwave

Directions

- Take cream cheese out of package, and place in microwave for 30 seconds to soften. In a large bowl mix cream cheese, whipped topping, vanilla, and sugar until smooth.
- Pour filling into pie crust. Refrigerate for 3 hours.

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:4.99, Inflammation Score:-5, Nutrition Score:13.714782517889%

Nutrients (% of daily need)

Calories: 1005kcal (50.25%), Fat: 59.21g (91.09%), Saturated Fat: 23.11g (144.45%), Carbohydrates: 103.49g (34.5%), Net Carbohydrates: 98.99g (36%), Sugar: 15.59g (17.32%), Cholesterol: 23.59mg (7.86%), Sodium: 832.01mg (36.17%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 13.5g (27.01%), Manganese: 0.8mg (39.96%), Vitamin B1: 0.51mg (33.8%), Folate: 129.06µg (32.27%), Iron: 4.74mg (26.35%), Vitamin B3: 4.92mg (24.58%), Vitamin B2: 0.39mg (22.97%), Selenium: 13.07µg (18.67%), Fiber: 4.5g (18%), Phosphorus: 179.07mg (17.91%), Vitamin K: 14.7µg (14%), Vitamin B5: 0.86mg (8.58%), Calcium: 80.46mg (8.05%), Vitamin E: 1.19mg (7.95%), Magnesium: 31.47mg (7.87%), Copper: 0.14mg (7.16%), Potassium: 239.62mg (6.85%), Vitamin A: 331.56IU (6.63%), Zinc: 0.96mg (6.39%), Vitamin B6: 0.11mg (5.48%), Vitamin B12: 0.12µg (1.97%)