



Easy Lemonade Pie

 Dairy Free

READY IN



310 min.

SERVINGS



8

CALORIES



335 kcal

DESSERT

Ingredients

- 1.5 cups graham crackers crushed finely (20 squares)
- 0.3 cup butter melted
- 3 tablespoons sugar
- 4 cups whipped cream softened
- 6 ounces lemonade concentrate frozen thawed canned
- 3 drops food coloring yellow
- 1 serving lime zest grated

Equipment

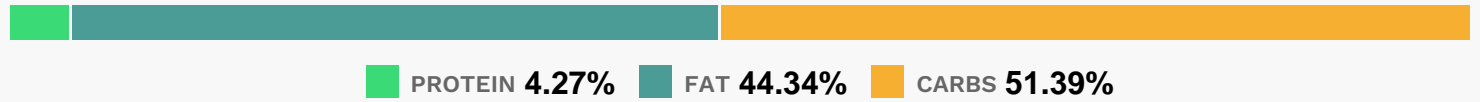
bowl

oven

Directions

- Heat oven to 375°F. In medium bowl, mix all Graham Cracker Crust ingredients. Press mixture firmly against bottom and side of pie plate, 9x1 1/4 inches.
- Bake about 10 minutes or until light brown. Cool 30 minutes.
- In large bowl, mix ice cream, lemonade concentrate and food color. Mound ice-cream mixture in crust.
- Freeze about 4 hours or until firm.
- Let stand at room temperature a few minutes before cutting.
- Garnish with grated lemon peel. Store covered in freezer.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:21.45, Inflammation Score:-4, Nutrition Score:4.5378260722627%

Flavonoids

Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 335.21kcal (16.76%), Fat: 16.72g (25.73%), Saturated Fat: 6.33g (39.56%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 42.52g (15.46%), Sugar: 31.83g (35.36%), Cholesterol: 29.04mg (9.68%), Sodium: 254.73mg (11.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin A: 616.25IU (12.32%), Vitamin B2: 0.2mg (11.96%), Phosphorus: 107.07mg (10.71%), Calcium: 102.22mg (10.22%), Zinc: 0.79mg (5.28%), Magnesium: 20.98mg (5.24%), Potassium: 180.71mg (5.16%), Vitamin B1: 0.07mg (4.72%), Vitamin B12: 0.27µg (4.45%), Fiber: 1.1g (4.41%), Iron: 0.78mg (4.32%), Vitamin B5: 0.42mg (4.16%), Vitamin C: 3.24mg (3.92%), Vitamin B3: 0.74mg (3.7%), Vitamin E: 0.51mg (3.4%), Folate: 12.66µg (3.16%), Vitamin B6: 0.05mg (2.69%), Selenium: 1.3µg (1.86%), Copper: 0.02mg (1.17%)