



Easy Lemonade Pie

 Dairy Free

READY IN



310 min.

SERVINGS



8

CALORIES



335 kcal

DESSERT

Ingredients

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

Equipment

bowl

oven

Directions

- Heat oven to 375F. 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



PROTEIN 4.27% **FAT 44.29%** **CARBS 51.44%**

Properties

Glycemic Index:29.64, Glycemic Load:21.48, Inflammation Score:-4, Nutrition Score:4.5682608932257%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 335.47kcal (16.77%), Fat: 16.73g (25.73%), Saturated Fat: 6.33g (39.56%), Carbohydrates: 43.72g (14.57%), Net Carbohydrates: 42.59g (15.49%), Sugar: 31.84g (35.38%), Cholesterol: 29.04mg (9.68%), Sodium: 254.75mg (11.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin A: 616.68IU (12.33%), Vitamin B2: 0.2mg (11.97%), Phosphorus: 107.23mg (10.72%), Calcium: 102.51mg (10.25%), Zinc: 0.79mg (5.29%), Magnesium: 21.03mg (5.26%), Potassium: 181.6mg (5.19%), Vitamin B1: 0.07mg (4.74%), Fiber: 1.13g (4.51%), Vitamin B12: 0.27µg (4.45%), Iron: 0.78mg (4.35%), Vitamin C: 3.49mg (4.23%), Vitamin B5: 0.42mg (4.18%), Vitamin B3: 0.74mg (3.71%), Vitamin E: 0.51mg (3.42%), Folate: 12.73µg (3.18%), Vitamin B6: 0.05mg (2.7%), Selenium: 1.3µg (1.86%), Copper: 0.02mg (1.2%)