



Easy Peach Pie

READY IN



30 min.

SERVINGS



8

CALORIES



490 kcal

DESSERT

Ingredients

- ☐ 16 ounce cream cheese
- ☐ 1 9-inch deep dish graham cracker pie crust ()
- ☐ 18 ounce peach glaze
- ☐ 5 peaches fresh pitted peeled sliced
- ☐ 12 ounce non-dairy whipped topping frozen thawed
- ☐ 0.3 cup sugar white

Equipment

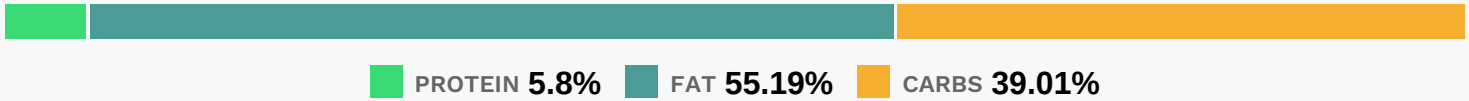
- ☐ mixing bowl

☐ hand mixer

Directions

- ☐ Combine peaches and glaze in a mixing bowl.
- ☐ Let stand for a couple of minutes.
- ☐ Combine sugar and cream cheese.
- ☐ Mix with an electric mixer on high speed for one minute. Gradually add in the nondairy whipped topping, and mix on medium speed until you have a smooth consistency. Pour mixture into pie shell.
- ☐ Pour peach mixture on top. Cover, and chill for 1 hour.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:10.66, Inflammation Score:-7, Nutrition Score:9.6226086201875%

Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Catechin: 7.75mg, Catechin: 7.75mg, Catechin: 7.75mg, Catechin: 7.75mg Epigallocatechin: 1.64mg, Epigallocatechin: 1.64mg, Epigallocatechin: 1.64mg, Epigallocatechin: 1.64mg Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 490.39kcal (24.52%), Fat: 30.79g (47.37%), Saturated Fat: 17.35g (108.44%), Carbohydrates: 48.97g (16.32%), Net Carbohydrates: 46.2g (16.8%), Sugar: 35.47g (39.41%), Cholesterol: 58.12mg (19.37%), Sodium: 329.28mg (14.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.56%), Vitamin A: 1306.72IU (26.13%), Manganese: 0.38mg (18.8%), Vitamin B2: 0.26mg (15.53%), Phosphorus: 151.66mg (15.17%), Vitamin E: 2.24mg (14.96%), Selenium: 9.8µg (13.99%), Vitamin K: 11.91µg (11.34%), Fiber: 2.77g (11.07%), Vitamin B3: 2.05mg (10.24%), Calcium: 97.72mg (9.77%), Potassium: 334.12mg (9.55%), Copper: 0.19mg (9.26%), Vitamin C: 6.46mg (7.83%), Folate: 29.64µg (7.41%), Iron: 1.2mg (6.65%), Vitamin B1: 0.1mg (6.56%), Magnesium: 25.57mg (6.39%), Zinc: 0.95mg (6.36%), Vitamin B5: 0.6mg (6.02%), Vitamin B6: 0.1mg (4.79%), Vitamin B12: 0.21µg (3.5%)