



Fluffy Lemon Fruit Pie

READY IN



195 min.

SERVINGS



10

CALORIES



1011 kcal

Ingredients

- 21 ounce cherry pie filling canned
- 8 ounce cream cheese softened
- 9 inch graham cracker crust prepared
- 3 ounce lemon pudding mix instant
- 1 cup milk cold
- 8 ounce non-dairy whipped topping frozen thawed

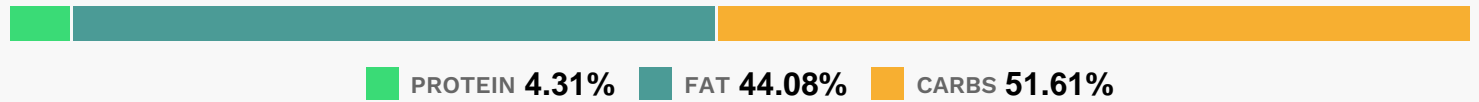
Equipment

- bowl
- whisk

Directions

- Spread half of the cherry pie filling on bottom of crust.
- In a large bowl, beat cream cheese with wire whisk until smooth. Gradually beat in milk until well blended.
- Add pudding mix, and beat until smooth. Gently fold in half of the whipped topping.
- Spread cream cheese mixture over cherry filling in crust.
- Spread remaining whipped topping over the cream cheese mixture. Spoon remaining cherry pie filling over whipped topping layer. Refrigerate 3 hours.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:18.419130273487%

Nutrients (% of daily need)

Calories: 1010.69kcal (50.53%), Fat: 49.58g (76.28%), Saturated Fat: 15.26g (95.37%), Carbohydrates: 130.6g (43.53%), Net Carbohydrates: 127.33g (46.3%), Sugar: 35.07g (38.97%), Cholesterol: 26.29mg (8.76%), Sodium: 871.2mg (37.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.81%), Manganese: 1.99mg (99.63%), Vitamin K: 34.63µg (32.98%), Folate: 104.55µg (26.14%), Vitamin B2: 0.44mg (26.1%), Vitamin B3: 5.08mg (25.4%), Phosphorus: 253.89mg (25.39%), Iron: 4.18mg (23.24%), Vitamin B1: 0.32mg (21.35%), Vitamin E: 3.15mg (21.01%), Copper: 0.4mg (19.87%), Zinc: 2.18mg (14.53%), Fiber: 3.27g (13.09%), Calcium: 119.46mg (11.95%), Magnesium: 46.25mg (11.56%), Selenium: 7.27µg (10.38%), Vitamin A: 484.47IU (9.69%), Potassium: 325.27mg (9.29%), Vitamin B6: 0.17mg (8.54%), Vitamin B5: 0.53mg (5.33%), Vitamin B12: 0.23µg (3.78%), Vitamin C: 2.14mg (2.6%), Vitamin D: 0.27µg (1.79%)