



Fresh Red Raspberry Cream Pie

 Vegetarian

READY IN



190 min.

SERVINGS



16

CALORIES



231 kcal

Ingredients

- ☐ 2 ounces cream cheese softened
- ☐ 18 inch graham cracker crusts prepared
- ☐ 5 tablespoons juice of lemon
- ☐ 3 pints raspberries fresh
- ☐ 28 ounce condensed milk sweetened canned

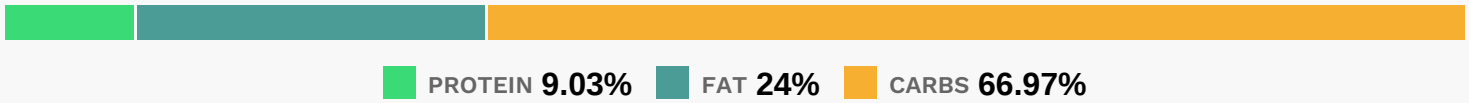
Equipment

- ☐ bowl
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk sweetened condensed milk and lemon juice together in a bowl; gently fold in raspberries.
- ☐ Gently spread cream cheese onto the bottom and sides of graham cracker crusts using a spatula. Divide raspberry mixture between the two crusts; spread filling evenly within the crust.
- ☐ Refrigerate until set, at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:19.3, Inflammation Score:-4, Nutrition Score:9.8391305130461%

Flavonoids

Cyanidin: 40.61mg, Cyanidin: 40.61mg, Cyanidin: 40.61mg, Cyanidin: 40.61mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.87mg, Pelargonidin: 0.87mg, Pelargonidin: 0.87mg, Pelargonidin: 0.87mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 230.94kcal (11.55%), Fat: 6.41g (9.86%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 34.36g (12.5%), Sugar: 31.82g (35.35%), Cholesterol: 20.45mg (6.82%), Sodium: 93.9mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.85%), Vitamin C: 26.35mg (31.94%), Manganese: 0.6mg (29.92%), Fiber: 5.88g (23.51%), Calcium: 169.05mg (16.91%), Phosphorus: 161.19mg (16.12%), Vitamin B2: 0.26mg (15.05%), Selenium: 7.83µg (11.18%), Potassium: 332.59mg (9.5%), Magnesium: 34.7mg (8.68%), Vitamin K: 7.29µg (6.95%), Vitamin B5: 0.69mg (6.9%), Folate: 26.66µg (6.66%), Zinc: 0.91mg (6.1%), Vitamin E: 0.89mg (5.93%), Vitamin B1: 0.08mg (5.43%), Iron: 0.83mg (4.62%), Copper: 0.09mg (4.48%), Vitamin A: 209.61IU (4.19%),

Vitamin B6: 0.08mg (4.05%), Vitamin B12: 0.23µg (3.77%), Vitamin B3: 0.75mg (3.75%)