



Frosty Margarita Pie

READY IN



105 min.

SERVINGS



8

CALORIES



240 kcal

DESSERT

Ingredients

- ☐ 0.8 cup graham cracker crumbs (10 squares)
- ☐ 0.5 cup strawberries finely chopped
- ☐ 0.5 cup sugar
- ☐ 4 cups vanilla yogurt fat-free frozen
- ☐ 1 tablespoon lime zest grated
- ☐ 0.3 cup juice of lime
- ☐ 2 tablespoons tequila
- ☐ 1 cup non-dairy whipped topping frozen thawed reduced-fat ()
- ☐ 1 slices strawberries

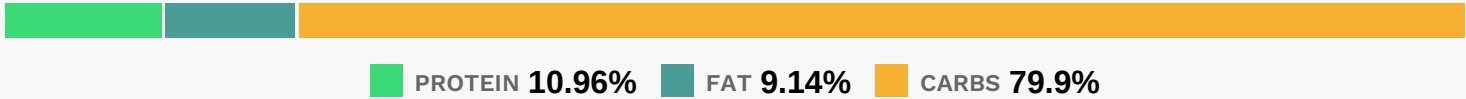
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Mix cracker crumbs, chopped strawberries and sugar in small bowl. Press in bottom and up sides of pie plate, 9x1 1/4 inches; set aside.
- ☐ Beat yogurt, lime peel, lime juice and tequila in large bowl with electric mixer on high speed just until blended. Spoon into crust. Freeze at least 1 1/2 hours or until firm enough to cut.
- ☐ Serve topped with whipped topping; garnish with lime and strawberry slices.

Nutrition Facts



Properties

Glycemic Index:33.89, Glycemic Load:13.66, Inflammation Score:-3, Nutrition Score:7.117391290872%

Flavonoids

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Nutrients (% of daily need)

Calories: 239.82kcal (11.99%), Fat: 2.4g (3.69%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 47.15g (15.72%), Net Carbohydrates: 46.23g (16.81%), Sugar: 41.41g (46.01%), Cholesterol: 2.64mg (0.88%), Sodium: 130.37mg (5.67%), Alcohol: 1.25g (100%), Alcohol %: 0.81% (100%), Protein: 6.47g (12.94%), Vitamin C: 21.59mg (26.17%), Calcium: 205.62mg (20.56%), Phosphorus: 177.46mg (17.75%), Vitamin B2: 0.26mg (15.21%), Selenium: 7.78µg (11.12%), Vitamin B12: 0.59µg (9.91%), Potassium: 319.46mg (9.13%), Manganese: 0.16mg (8.04%), Zinc: 1.12mg (7.48%), Magnesium: 28.4mg (7.1%), Folate: 23.14µg (5.78%), Vitamin B1: 0.08mg (5.26%), Vitamin B6: 0.08mg (3.85%), Fiber: 0.92g (3.7%), Iron: 0.56mg (3.13%), Vitamin B3: 0.56mg (2.8%), Vitamin K: 2.37µg (2.25%), Copper: 0.04mg (1.8%), Vitamin E: 0.23mg (1.54%)