



Frozen Lemon Pie

READY IN



5 min.

SERVINGS



8

CALORIES



337 kcal

Ingredients

- 1 graham cracker crust (9 inches)
- 6.8 ounces vanilla pudding instant
- 0.8 cup lemonade concentrate thawed
- 1.8 cups milk cold
- 8 ounces non-dairy whipped topping frozen thawed

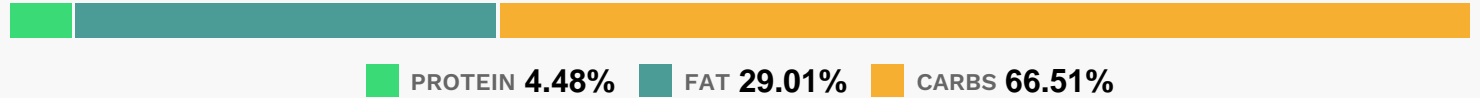
Equipment

- bowl
- whisk

Directions

- In a large bowl, whisk milk and pudding mixes for 2 minutes.
- Let stand for 2 minutes or until soft-set.
- Add lemonade concentrate; whisk for 30 seconds. Immediately fold in whipped topping. Spoon into crust. Freeze until set, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.95, Inflammation Score:-1, Nutrition Score:4.7817392038262%

Nutrients (% of daily need)

Calories: 336.79kcal (16.84%), Fat: 10.94g (16.84%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 56.45g (18.82%), Net Carbohydrates: 55.83g (20.3%), Sugar: 42.09g (46.77%), Cholesterol: 6.97mg (2.32%), Sodium: 295.35mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Manganese: 0.28mg (14.02%), Phosphorus: 101.78mg (10.18%), Calcium: 94.7mg (9.47%), Vitamin B2: 0.15mg (8.68%), Vitamin B12: 0.34µg (5.75%), Vitamin K: 5.74µg (5.47%), Vitamin B1: 0.08mg (5.27%), Potassium: 153.5mg (4.39%), Folate: 16.22µg (4.05%), Vitamin B3: 0.79mg (3.97%), Vitamin D: 0.59µg (3.91%), Vitamin E: 0.58mg (3.88%), Magnesium: 14.83mg (3.71%), Selenium: 2.55µg (3.65%), Vitamin C: 2.91mg (3.52%), Zinc: 0.53mg (3.51%), Iron: 0.62mg (3.44%), Copper: 0.06mg (2.94%), Vitamin B6: 0.06mg (2.94%), Vitamin B5: 0.26mg (2.62%), Fiber: 0.61g (2.46%), Vitamin A: 107.66IU (2.15%)