



## Frozen Lemon-Raspberry Pie

READY IN



15 min.

SERVINGS



12

CALORIES



297 kcal

DESSERT

### Ingredients

- 1.8 cups gingersnap cookie crumbs reduced-fat ( 40 cookies)
- 2 tablespoons crystallized ginger minced
- 4 cups lemon sorbet softened
- 3 tablespoons butter melted reduced-calorie
- 3 cups raspberries fresh
- 4 cups raspberry sorbet softened
- 3 ounce chocolate white melted

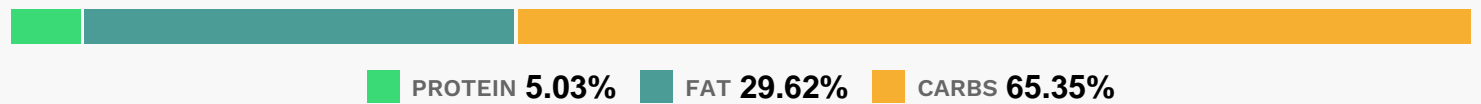
### Equipment

- frying pan
- springform pan

## Directions

- Combine first 3 ingredients, stirring well. Press into bottom of a 10-inch springform pan; freeze 15 minutes or until firm.
- Spread raspberry sorbet over crumb mixture. Freeze 1 hour.
- Spread lemon sorbet over raspberry sorbet. Cover and freeze 1 hour.
- To serve, remove pie from pan. Arrange raspberries over lemon sorbet.
- Drizzle white chocolate over raspberries; slice pie into wedges.
- Garnish with mint sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:13.33, Glycemic Load:9.18, Inflammation Score:-2, Nutrition Score:4.0669565252636%

## Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 296.5kcal (14.83%), Fat: 9.66g (14.86%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 47.96g (15.99%), Net Carbohydrates: 43.71g (15.89%), Sugar: 30.95g (34.39%), Cholesterol: 1.49mg (0.5%), Sodium: 165.56mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Fiber: 4.26g (17.03%), Manganese: 0.26mg (13.2%), Vitamin C: 7.9mg (9.58%), Vitamin E: 0.79mg (5.29%), Folate: 18.64µg (4.66%), Vitamin B2: 0.08mg

(4.62%), Vitamin B1: 0.07mg (4.39%), Vitamin K: 4.59µg (4.37%), Iron: 0.66mg (3.66%), Vitamin B3: 0.71mg (3.56%), Phosphorus: 31.6mg (3.16%), Vitamin A: 149.76IU (3%), Calcium: 24.55mg (2.45%), Magnesium: 9.6mg (2.4%), Potassium: 79.87mg (2.28%), Copper: 0.04mg (2.22%), Vitamin B5: 0.19mg (1.89%), Selenium: 1.28µg (1.83%), Zinc: 0.25mg (1.67%), Vitamin B6: 0.03mg (1.56%)