



Frozen Lemonade Pie

 Vegetarian

READY IN



527 min.

SERVINGS



8

CALORIES



634 kcal

DESSERT

Ingredients

- 1 cup blueberries
- 2 cups graham cracker crumbs
- 2 cups heavy cream
- 1 tablespoon juice of lemon fresh
- 6 ounce lemonade concentrate frozen thaw canned (do not)
- 1 cup raspberries
- 0.3 cup sugar
- 2 tablespoons sugar

- 14 ounce condensed milk sweetened chilled canned
- 7 tablespoons butter unsalted melted



Equipment

- bowl
- oven

Directions

- Preheat the oven to 350 degrees. Make the crust: In a medium bowl, combine the graham cracker crumbs, sugar and melted butter. Press firmly on the bottom and up the sides of a 9-inch pie plate.
- Bake for 7 minutes; cool completely.
- Make the filling: In a cold medium bowl, whip the cream until stiff peaks form. In another bowl, stir together the condensed milk and frozen lemonade. Gently fold the lemonade mixture into the whipped cream.
- Pour the filling into the crust; freeze overnight.
- About an hour before you serve the pie, make the topping: Toss the berries in a medium bowl with the sugar and lemon juice. Set aside until ready to serve.
- Let the pie come to room temperature for 10 minutes before cutting. Top each slice with berries.
- Photograph by Miki Duisterhof

Nutrition Facts

  
 **PROTEIN 4.65%**  **FAT 52.84%**  **CARBS 42.51%**

Properties

Glycemic Index:42.65, Glycemic Load:35.34, Inflammation Score:-7, Nutrition Score:10.013478216918%

Flavonoids

Cyanidin: 8.43mg, Cyanidin: 8.43mg, Cyanidin: 8.43mg, Cyanidin: 8.43mg Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg Pelargonidin: 0.15mg,

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Nutrients (% of daily need)

Calories: 634.47kcal (31.72%), Fat: 38.17g (58.73%), Saturated Fat: 23.04g (144.02%), Carbohydrates: 69.11g (23.04%), Net Carbohydrates: 66.91g (24.33%), Sugar: 54.81g (60.9%), Cholesterol: 110.44mg (36.81%), Sodium: 220.74mg (9.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.11%), Vitamin A: 1328.29IU (26.57%), Vitamin B2: 0.39mg (22.83%), Phosphorus: 213.6mg (21.36%), Calcium: 206.25mg (20.63%), Selenium: 9.44µg (13.49%), Vitamin C: 10.88mg (13.19%), Potassium: 335.01mg (9.57%), Magnesium: 35.71mg (8.93%), Fiber: 2.2g (8.81%), Manganese: 0.17mg (8.5%), Vitamin D: 1.24µg (8.23%), Vitamin B1: 0.12mg (8.09%), Vitamin E: 1.17mg (7.79%), Zinc: 1.13mg (7.54%), Vitamin K: 7.84µg (7.47%), Iron: 1.2mg (6.69%), Vitamin B5: 0.64mg (6.36%), Folate: 23.99µg (6%), Vitamin B3: 1.13mg (5.67%), Vitamin B12: 0.33µg (5.57%), Vitamin B6: 0.09mg (4.52%), Copper: 0.05mg (2.5%)