



Frozen Lemonade Pie

READY IN



370 min.

SERVINGS



10

CALORIES



291 kcal

Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 0.3 cup country time lemonade flavor drink mix
- 14 oz condensed milk sweetened canned
- 0.3 cup water
- 8 oz cool whip whipped topping thawed

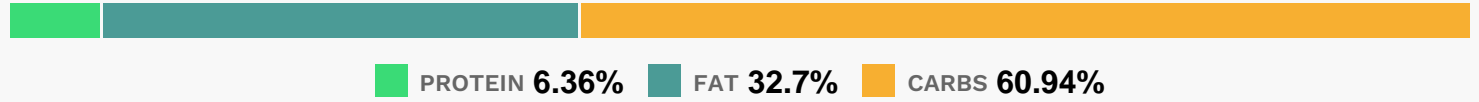
Equipment

- bowl

Directions

- Add water to drink mix in large bowl; stir until mix is dissolved.
- Stir in milk.
- Add COOL WHIP; stir gently until blended.
- Spoon into crust. Freeze 6 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:13.17, Inflammation Score:-2, Nutrition Score:5.3665216953858%

Nutrients (% of daily need)

Calories: 290.89kcal (14.54%), Fat: 10.72g (16.49%), Saturated Fat: 5.59g (34.95%), Carbohydrates: 44.95g (14.98%), Net Carbohydrates: 44.59g (16.22%), Sugar: 36.9g (41%), Cholesterol: 13.95mg (4.65%), Sodium: 150.85mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.37%), Phosphorus: 137.39mg (13.74%), Calcium: 135.38mg (13.54%), Vitamin B2: 0.22mg (13.04%), Manganese: 0.22mg (11.12%), Selenium: 6.9µg (9.86%), Magnesium: 33.83mg (8.46%), Potassium: 200.06mg (5.72%), Vitamin B1: 0.07mg (4.84%), Vitamin C: 3.93mg (4.77%), Vitamin K: 4.67µg (4.45%), Folate: 16.54µg (4.13%), Zinc: 0.62mg (4.11%), Vitamin B12: 0.22µg (3.67%), Vitamin E: 0.5mg (3.35%), Vitamin B5: 0.33mg (3.32%), Vitamin B3: 0.66mg (3.32%), Iron: 0.55mg (3.08%), Copper: 0.05mg (2.52%), Vitamin A: 123.58IU (2.47%), Vitamin B6: 0.04mg (1.98%), Fiber: 0.35g (1.41%)