



Frozen Orange Cream Pie

 Dairy Free

READY IN



260 min.

SERVINGS



8

CALORIES



327 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 4 cups vanilla yogurt frozen softened
- 9 graham crackers crushed finely (1-)
- 2 cranberry-orange relish seedless
- 6 oz orange juice concentrate frozen thawed canned
- 0.3 cup sugar
- 1 cup cool whip whipped topping thawed

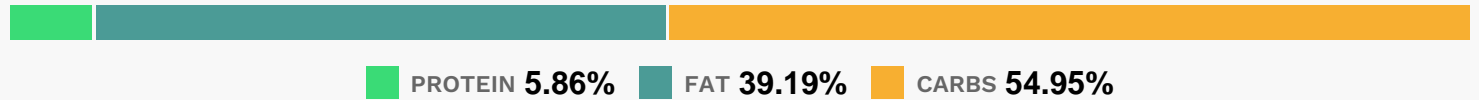
Equipment

- bowl
- hand mixer

Directions

- Mix graham crumbs, sugar and butter; press firmly onto bottom and up side of 9-inch pie plate. Set aside.
- Beat yogurt and orange juice in large bowl with electric mixer on medium speed until well blended.
- Spread into crust.
- Freeze 4 hours or until firm. Top with the whipped topping and oranges just before serving. Store leftover pie in freezer.

Nutrition Facts



Properties

Glycemic Index:23.32, Glycemic Load:12.98, Inflammation Score:-5, Nutrition Score:7.5665217288162%

Flavonoids

Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 327.32kcal (16.37%), Fat: 14.53g (22.35%), Saturated Fat: 5.36g (33.5%), Carbohydrates: 45.82g (15.27%), Net Carbohydrates: 44.99g (16.36%), Sugar: 35.97g (39.97%), Cholesterol: 1.63mg (0.54%), Sodium: 263.93mg (11.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Vitamin C: 33.15mg (40.19%), Vitamin B2: 0.25mg (14.75%), Phosphorus: 147.23mg (14.72%), Calcium: 134.34mg (13.43%), Vitamin A: 585.8IU (11.72%), Potassium: 332.99mg (9.51%), Vitamin B1: 0.13mg (8.44%), Folate: 29.29µg (7.32%), Magnesium: 28.08mg (7.02%), Vitamin B6: 0.13mg (6.67%), Vitamin B5: 0.6mg (6%), Iron: 0.95mg (5.29%), Vitamin B3: 1.05mg (5.27%), Zinc: 0.65mg (4.36%), Vitamin B12: 0.24µg (3.95%), Selenium: 2.74µg (3.91%), Vitamin E: 0.55mg (3.68%), Fiber: 0.83g (3.3%), Copper: 0.05mg (2.45%)