

Frozen Orange Cream Pie

 Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



244 kcal

Ingredients

- 1 graham cracker crust (9 inches)
- 1 cup orange juice concentrate thawed
- 3 drops food coloring red
- 2.5 cups whipped cream softened
- 1 drop food coloring yellow

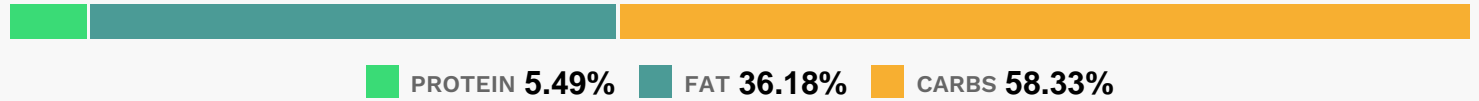
Equipment

- bowl

Directions

- In a bowl, combine the ice cream and orange juice concentrate. Stir in food coloring if desired. Spoon into crust. Cover and freeze for 8 hours or overnight.
- Remove from the freezer 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:5.76, Inflammation Score:-5, Nutrition Score:8.5126086240229%

Nutrients (% of daily need)

Calories: 244.39kcal (12.22%), Fat: 9.9g (15.23%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 35.89g (11.96%), Net Carbohydrates: 34.85g (12.67%), Sugar: 23.13g (25.71%), Cholesterol: 18.15mg (6.05%), Sodium: 135.57mg (5.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin C: 51.72mg (62.69%), Manganese: 0.29mg (14.69%), Vitamin B2: 0.21mg (12.14%), Folate: 43.21µg (10.8%), Vitamin B1: 0.15mg (10.24%), Potassium: 329.39mg (9.41%), Phosphorus: 89.83mg (8.98%), Calcium: 72.45mg (7.25%), Vitamin B6: 0.13mg (6.41%), Vitamin A: 308.42IU (6.17%), Magnesium: 23.09mg (5.77%), Vitamin B3: 1.12mg (5.6%), Vitamin E: 0.73mg (4.87%), Vitamin B5: 0.48mg (4.76%), Vitamin K: 4.9µg (4.67%), Fiber: 1.05g (4.19%), Zinc: 0.61mg (4.05%), Iron: 0.71mg (3.93%), Copper: 0.08mg (3.89%), Vitamin B12: 0.16µg (2.68%), Selenium: 1.44µg (2.05%)