



## Frozen Orange Mallow Pie

 Dairy Free

READY IN



250 min.

SERVINGS



10

CALORIES



221 kcal

### Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 7 oz marshmallow crème jet-puffed
- 2 cups marshmallows jet-puffed miniature
- 1 cranberry-orange relish sliced
- 1 cup orange juice
- 1.5 cups cool whip whipped topping divided thawed

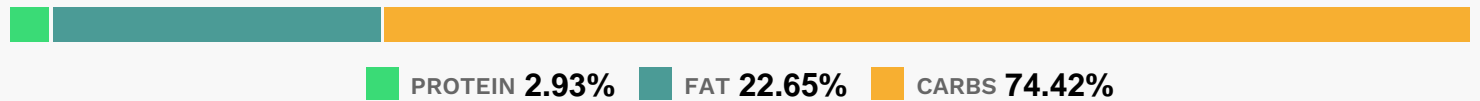
### Equipment

- bowl
- hand mixer

## Directions

- Beat marshmallow creme and orange juice in large bowl with electric mixer on medium speed until well blended. Gently stir in marshmallows and 1 cup of the whipped topping.
- Spoon into crust. Freeze at least 4 hours or until firm.
- Top with remaining 1/2 cup whipped topping just before serving.
- Garnish with orange slices.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:6.75, Inflammation Score:-2, Nutrition Score:3.759130379428%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 6.53mg, Hesperetin: 6.53mg, Hesperetin: 6.53mg Naringenin: 2.54mg, Naringenin: 2.54mg, Naringenin: 2.54mg, Naringenin: 2.54mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 220.66kcal (11.03%), Fat: 5.78g (8.89%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 42.02g (15.28%), Sugar: 27.01g (30.01%), Cholesterol: 0.22mg (0.08%), Sodium: 96.46mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin C: 19.37mg (23.48%), Manganese: 0.23mg (11.32%), Folate: 22.86µg (5.72%), Vitamin B1: 0.07mg (4.49%), Vitamin K: 4.09µg (3.9%), Phosphorus: 35.08mg (3.51%), Vitamin B3: 0.7mg (3.51%), Vitamin B2: 0.06mg (3.48%), Copper: 0.07mg (3.28%), Iron: 0.54mg (3%), Potassium: 104.39mg (2.98%), Fiber: 0.7g (2.79%), Vitamin E: 0.4mg (2.7%), Magnesium: 8.94mg (2.23%), Calcium: 21.19mg (2.12%), Vitamin A: 87.57IU (1.75%), Zinc: 0.25mg (1.66%), Vitamin B6: 0.03mg (1.66%), Selenium: 0.97µg (1.39%), Vitamin B5: 0.11mg (1.11%)