



Hawaiian Millionaire Pie

READY IN



75 min.

SERVINGS



8

CALORIES



522 kcal

Ingredients

- ☐ 15 ounce pineapple crushed drained canned
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup maraschino cherries chopped
- ☐ 1 9-inch pie crust ()
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 cup walnuts chopped
- ☐ 12 ounce non-dairy whipped topping frozen thawed

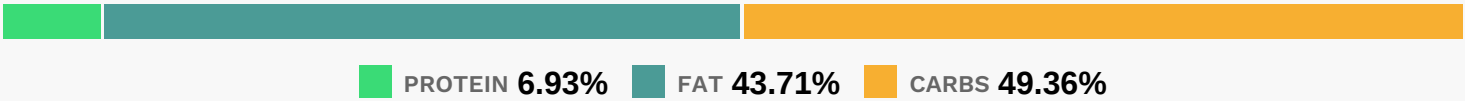
Equipment

- ☐ mixing bowl

Directions

- ☐ In a large mixing bowl, fold pineapple, lemon juice, whipped topping, cherries, condensed milk, and walnuts together.
- ☐ Pour into pie shell and chill for at least one hour before serving.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:16.67, Inflammation Score:-4, Nutrition Score:10.947391279366%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 522.37kcal (26.12%), Fat: 26.05g (40.07%), Saturated Fat: 10.48g (65.49%), Carbohydrates: 66.19g (22.06%), Net Carbohydrates: 63.4g (23.05%), Sugar: 50.92g (56.57%), Cholesterol: 17.72mg (5.91%), Sodium: 197.37mg (8.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.59%), Manganese: 0.62mg (30.77%), Phosphorus: 230.36mg (23.04%), Calcium: 207.12mg (20.71%), Vitamin B2: 0.32mg (18.91%), Copper: 0.34mg (17.11%), Selenium: 10.75µg (15.36%), Vitamin B1: 0.23mg (15.19%), Magnesium: 51.76mg (12.94%), Vitamin C: 9.43mg (11.43%), Potassium: 392.63mg (11.22%), Fiber: 2.79g (11.17%), Folate: 42.75µg (10.69%), Vitamin B6: 0.17mg (8.45%), Iron: 1.43mg (7.95%), Zinc: 1.17mg (7.79%), Vitamin B5: 0.57mg (5.75%), Vitamin B3: 1.14mg (5.72%), Vitamin B12: 0.3µg (5.06%), Vitamin K: 4.47µg (4.26%), Vitamin A: 200.8IU (4.02%), Vitamin E: 0.54mg (3.59%)