



Instant Millionaire Pie for Diabetics

READY IN



130 min.

SERVINGS



10

CALORIES



931 kcal

Ingredients

- 8 ounce pineapple crushed drained canned
- 9 inch graham cracker crust prepared
- 1 ounce vanilla pudding mix sugar-free instant
- 1 cup milk cold
- 1 cup pecans chopped
- 8 ounce non-dairy whipped topping frozen thawed

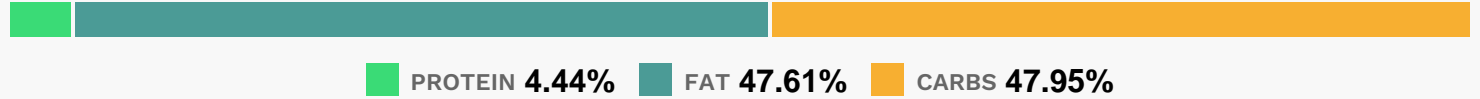
Equipment

- bowl
- whisk

Directions

- In a medium bowl, whisk together pudding mix and milk. Fold in pineapple, whipped topping, and pecans.
- Pour mixture into prepared crust. Chill at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:18.553478282431%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 931.02kcal (46.55%), Fat: 49.57g (76.26%), Saturated Fat: 11.34g (70.89%), Carbohydrates: 112.34g (37.45%), Net Carbohydrates: 108.1g (39.31%), Sugar: 37.89g (42.1%), Cholesterol: 3.38mg (1.13%), Sodium: 867.96mg (37.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.8%), Manganese: 2.46mg (123.03%), Vitamin K: 34.69µg (33.04%), Vitamin B1: 0.39mg (26.32%), Folate: 103.66µg (25.92%), Vitamin B3: 5.17mg (25.83%), Phosphorus: 252.22mg (25.22%), Copper: 0.5mg (24.94%), Iron: 4.34mg (24.11%), Vitamin B2: 0.4mg (23.47%), Vitamin E: 3.11mg (20.75%), Zinc: 2.55mg (17.01%), Fiber: 4.25g (16.99%), Magnesium: 56.3mg (14.07%), Calcium: 101.74mg (10.17%), Vitamin B6: 0.18mg (8.78%), Potassium: 305.21mg (8.72%), Selenium: 5.49µg (7.84%), Vitamin B5: 0.46mg (4.57%), Vitamin B12: 0.18µg (2.95%), Vitamin C: 2.25mg (2.73%), Vitamin D: 0.27µg (1.79%), Vitamin A: 75.28IU (1.51%)