



Irresistible Lemon Chiffon Pie

READY IN



80 min.

SERVINGS



8

CALORIES



1068 kcal

DESSERT

Ingredients

- ☐ 1 cup evaporated milk
- ☐ 0.3 ounce gelatin powder unflavored
- ☐ 9 inch graham cracker crust
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.8 teaspoon lemon rind grated
- ☐ 0.8 cup splenda® no calorie sweetener
- ☐ 0.5 cup water

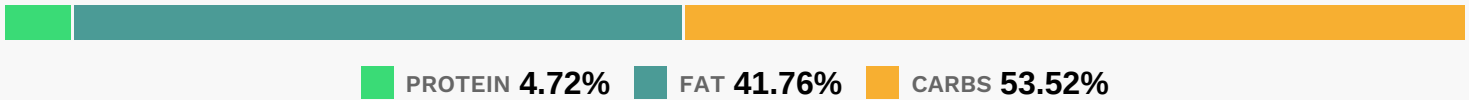
Equipment

- ☐ sauce pan
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Pour evaporated milk in a mixing bowl; place in freezer until ice crystals form (about 30 minutes).
- ☐ Sprinkle gelatin over water and lemon juice in a small saucepan; let stand 1 minute. Stir in SPLENDA® Granulated Sweetener and cook over medium heat, stirring constantly, 2 minutes or until gelatin dissolves. Stir in lemon rind and lemon extract.
- ☐ Beat evaporated milk at high speed with an electric mixer until soft peaks form (about 5 minutes). Gradually add gelatin mixture, beating at high speed until mixture is combined. Do not over beat.
- ☐ Pour mixture into crust; cover and chill 1 hour or until set.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:8.55, Inflammation Score:-5, Nutrition Score:19.9213042784%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1067.98kcal (53.4%), Fat: 49.83g (76.66%), Saturated Fat: 11.01g (68.82%), Carbohydrates: 143.65g (47.88%), Net Carbohydrates: 139.98g (50.9%), Sugar: 52.98g (58.87%), Cholesterol: 9.14mg (3.05%), Sodium: 936.72mg (40.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.36%), Manganese: 2.46mg (123.24%), Vitamin K: 41.88µg (39.89%), Folate: 128.25µg (32.06%), Vitamin B3: 6.23mg (31.13%), Vitamin B2: 0.51mg (30%), Phosphorus: 288.53mg (28.85%), Iron: 5.05mg (28.05%), Vitamin B1: 0.37mg (24.56%), Vitamin E: 3.6mg (23.98%), Copper: 0.45mg (22.71%), Zinc: 2.64mg (17.59%), Fiber: 3.67g (14.68%), Calcium: 139.2mg (13.92%), Magnesium: 52.26mg (13.06%), Potassium: 318.54mg (9.1%), Selenium: 6.05µg (8.65%), Vitamin B6: 0.16mg (8.2%), Vitamin B5: 0.55mg (5.5%), Vitamin C: 3.02mg (3.66%), Vitamin A: 77.63IU (1.55%)