



Juicy Fruited Summer Pie

 Dairy Free

READY IN



280 min.

SERVINGS



40

CALORIES



48 kcal

Ingredients

- 1 cup cut-up fruit mixed fresh peeled (strawberries, blueberries, mandarin oranges, kiwi)
- 6 oz ready-to-use graham cracker crumb crust
- 40 servings ice cubes
- 1 pkg jell-o pineapple flavor gelatin (4-serving size)
- 0.5 cup orange-pineapple-banana juice cold
- 0.7 cup orange-pineapple-banana juice boiling
- 8 oz cool whip whipped topping divided thawed

Equipment

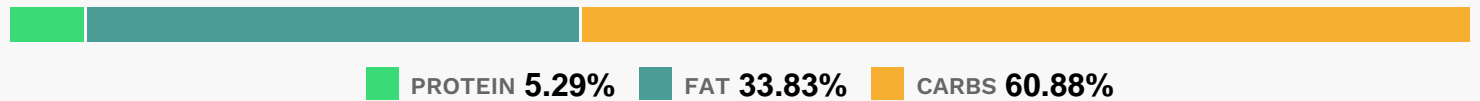
- bowl

whisk

Directions

- Stir boiling juice into dry gelatin in large bowl at least 2 min. until completely dissolved.
- Add enough ice cubes to cold juice to measure 1 cup.
- Add to gelatin; stir until slightly thickened.
- Remove any unmelted ice.
- Add 2-1/2 cups of the whipped topping; stir with wire whisk until well blended. Refrigerate 20 to 25 min. or until mixture is very thick and will mound.
- Spoon into crust.
- Refrigerate several hours or overnight. Top with the remaining whipped topping and fruit just before serving. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.65, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:1.1165217433287%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 47.94kcal (2.4%), Fat: 1.83g (2.81%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 7.21g (2.62%), Sugar: 5.06g (5.62%), Cholesterol: 0.11mg (0.04%), Sodium: 36.98mg (1.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.29%), Vitamin C: 4.92mg (5.96%), Manganese: 0.06mg (2.89%), Folate: 5.95µg (1.49%), Phosphorus: 14.37mg (1.44%), Copper: 0.03mg (1.34%), Vitamin B1: 0.02mg (1.22%), Vitamin B2: 0.02mg (1.12%), Vitamin K: 1.12µg (1.06%), Vitamin A: 51.9IU (1.04%)