



Kool-Aid® Pie

READY IN



70 min.

SERVINGS



8

CALORIES



1183 kcal

Ingredients

- ☐ 9 inch graham cracker crust prepared
- ☐ 0.1 ounce drink mix unsweetened fruit-flavored such as Kool-Aid®
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 8 ounce non-dairy whipped topping frozen thawed

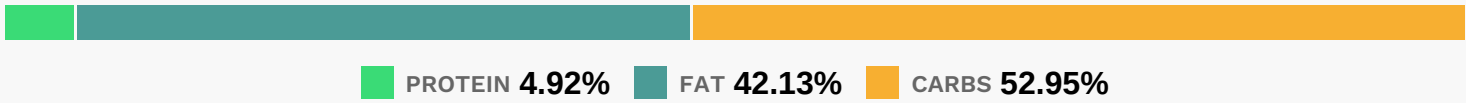
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐
- Whisk fruit-flavored drink mix with sweetened condensed milk in a bowl until thoroughly combined and thick. Gently fold whipped topping into mixture until light and fluffy.
- ☐
- Spread filling into pie crust and refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:16.46, Inflammation Score:-5, Nutrition Score:22.171738969243%

Nutrients (% of daily need)

Calories: 1182.89kcal (59.14%), Fat: 55.5g (85.39%), Saturated Fat: 15.51g (96.95%), Carbohydrates: 156.98g (52.33%), Net Carbohydrates: 153.35g (55.76%), Sugar: 68.51g (76.13%), Cholesterol: 17.55mg (5.85%), Sodium: 986.07mg (42.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.19%), Manganese: 2.47mg (123.27%), Vitamin K: 42.92µg (40.88%), Vitamin B2: 0.64mg (37.85%), Phosphorus: 371.91mg (37.19%), Folate: 130.83µg (32.71%), Vitamin B3: 6.32mg (31.57%), Iron: 5.1mg (28.32%), Vitamin B1: 0.4mg (26.97%), Vitamin E: 3.76mg (25.07%), Copper: 0.44mg (21.88%), Calcium: 217.86mg (21.79%), Zinc: 2.89mg (19.27%), Selenium: 13.07µg (18.67%), Magnesium: 59.3mg (14.82%), Fiber: 3.63g (14.54%), Potassium: 432.3mg (12.35%), Vitamin B6: 0.18mg (8.91%), Vitamin B5: 0.72mg (7.15%), Vitamin B12: 0.28µg (4.64%), Vitamin A: 156.39IU (3.13%), Vitamin C: 1.3mg (1.58%)