

Taste of Home

Kool-Aid Pie

READY IN



135 min.

SERVINGS



8

CALORIES



282 kcal

DESSERT

Ingredients

- 12 ounces evaporated milk canned
- 36 vanilla wafers
- 1 cup sugar
- 0.1 ounce liquid malt extract unsweetened soft
- 1 serving non-dairy whipped topping

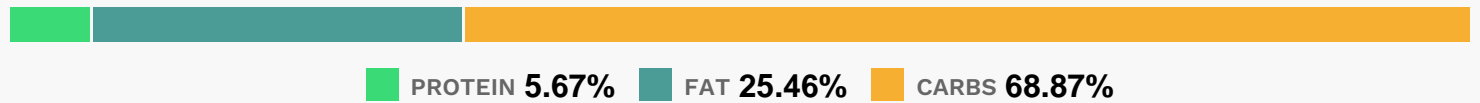
Equipment

- bowl

Directions

- Pour milk into a small metal or glass bowl.
- Add beaters to the bowl. Cover and chill for at least 2 hours. Coat a 9-in. pie plate with cooking spray. Line bottom and sides of plate with wafers. Beat milk until soft peaks form.
- Add sugar and drink mix; beat until thoroughly mixed. Spoon over wafers; freeze for at least 4 hours.
- Garnish with whipped topping if desired.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:32.36, Inflammation Score:-1, Nutrition Score:3.3291304286407%

Nutrients (% of daily need)

Calories: 281.78kcal (14.09%), Fat: 8.11g (12.48%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 49.39g (16.46%), Net Carbohydrates: 49.01g (17.82%), Sugar: 38.12g (42.36%), Cholesterol: 12.73mg (4.24%), Sodium: 156.28mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.13%), Vitamin B2: 0.21mg (12.14%), Calcium: 113.12mg (11.31%), Phosphorus: 99.86mg (9.99%), Vitamin B1: 0.14mg (9.07%), Folate: 27.41µg (6.85%), Potassium: 156.36mg (4.47%), Vitamin B3: 0.81mg (4.06%), Vitamin B5: 0.27mg (2.74%), Magnesium: 10.71mg (2.68%), Zinc: 0.34mg (2.24%), Vitamin A: 103.16IU (2.06%), Selenium: 1.22µg (1.75%), Fiber: 0.38g (1.51%), Vitamin B12: 0.07µg (1.22%), Vitamin B6: 0.02mg (1.17%)