



## Layered Pineapple-Lemon Cheesecake Pie

READY IN



195 min.

SERVINGS



15

CALORIES



191 kcal

DESSERT

### Ingredients

- 8 oz pineapple divided crushed drained canned
- 8 oz philadelphia cream cheese softened
- 6 oz ready-to-use graham cracker crumb crust
- 3.4 oz jell-o lemon flavor pudding instant
- 1.3 cups milk cold
- 0.3 cup sugar
- 2 cups cool whip whipped topping thawed

### Equipment

bowl

whisk

## Directions

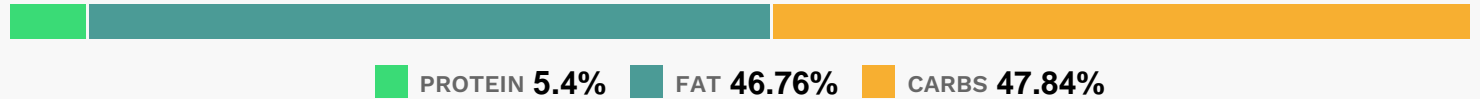
Beat cream cheese and sugar in large bowl with whisk until well blended. Stir in COOL WHIP and half the pineapple.

Spread into crust.

Beat pudding mix and milk in medium bowl with whisk 2 min. (

Mixture will be thick.) Stir in remaining pineapple. Spoon over pie. Refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:9.01, Glycemic Load:2.94, Inflammation Score:-2, Nutrition Score:3.0986956513446%

## Nutrients (% of daily need)

Calories: 191.4kcal (9.57%), Fat: 10.07g (15.49%), Saturated Fat: 5.16g (32.26%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 22.73g (8.27%), Sugar: 16.61g (18.45%), Cholesterol: 18.07mg (6.02%), Sodium: 157.32mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Manganese: 0.15mg (7.46%), Vitamin B2: 0.1mg (6.03%), Phosphorus: 59.94mg (5.99%), Calcium: 54.51mg (5.45%), Vitamin A: 253.27IU (5.07%), Vitamin B1: 0.05mg (3.59%), Selenium: 2.39µg (3.41%), Vitamin K: 3.28µg (3.12%), Vitamin B12: 0.17µg (2.84%), Potassium: 95.51mg (2.73%), Vitamin E: 0.4mg (2.69%), Folate: 9.79µg (2.45%), Magnesium: 9.54mg (2.38%), Copper: 0.05mg (2.35%), Vitamin B3: 0.45mg (2.27%), Zinc: 0.33mg (2.22%), Vitamin B6: 0.04mg (2.18%), Iron: 0.37mg (2.06%), Vitamin B5: 0.19mg (1.87%), Fiber: 0.45g (1.8%), Vitamin C: 1.42mg (1.72%), Vitamin D: 0.24µg (1.59%)