



Lemon Berry COOL 'N EASYÂ® Pie

 Dairy Free

READY IN



405 min.

SERVINGS



45

CALORIES



40 kcal

Ingredients

- ☐ 6 oz ready-to-use graham cracker crumb crust
- ☐ 45 servings ice cubes
- ☐ 1 pkg jell-o lemon flavor gelatin (4-serving size)
- ☐ 1 Tbsp juice of lemon fresh
- ☐ 2 tsp lemon zest grated
- ☐ 2 cups strawberry mixed divided
- ☐ 0.5 cup water cold
- ☐ 0.7 cup water boiling
- ☐ 8 oz cool whip whipped topping thawed

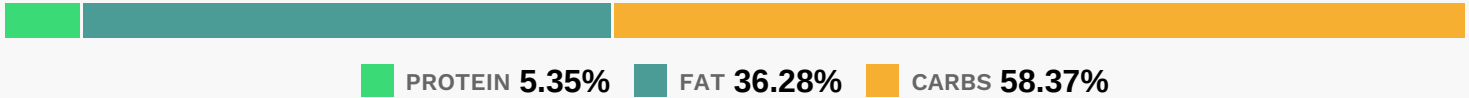
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Stir boiling water into gelatin in large bowl at least 2 minutes until completely dissolved.
- ☐ Add enough ice to cold water to measure 1 cup.
- ☐ Add to gelatin; stir until slightly thickened.
- ☐ Remove any unmelted ice.
- ☐ Add lemon zest, juice and whipped topping; stir with wire whisk until well blended.
- ☐ Add 1 cup of the fruit; stir gently until well blended. Refrigerate 20 to 30 minutes or until mixture is very thick and will mound. Spoon into crust.
- ☐ Refrigerate 6 hours or overnight until firm. Top with remaining fruit just before serving. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.89, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:0.93739131416963%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.59mg, Pelargonidin: 1.59mg, Pelargonidin: 1.59mg, Pelargonidin: 1.59mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 39.59kcal (1.98%), Fat: 1.62g (2.49%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.65g (2.05%), Sugar: 3.82g (4.25%), Cholesterol: 0.1mg (0.03%), Sodium: 33.41mg (1.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.07%), Vitamin C: 4.01mg (4.86%), Manganese: 0.07mg (3.68%), Phosphorus: 12.39mg (1.24%), Copper: 0.02mg (1.22%), Folate: 4.28µg (1.07%), Vitamin K: 1.13µg (1.07%)