



Lemon Cream Pie

READY IN



30 min.

SERVINGS



8

CALORIES



262 kcal

DESSERT

Ingredients

- 0.3 cup cornstarch
- 1 large eggs beaten
- 6 ounce graham cracker crust reduced-fat
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon zest grated
- 2 cups milk 1% low-fat
- 0.1 teaspoon salt
- 1 tablespoon stick margarine softened
- 0.7 cup sugar

1.5 cups cool whip fat-free frozen thawed

Equipment

bowl

sauce pan

Directions

Combine first 3 ingredients in a saucepan; gradually stir in milk. Cook over medium heat, stirring constantly, until mixture comes to a boil. Cook 2 minutes.

Remove from heat. Gradually stir about 1/4 of hot milk mixture into beaten egg; add to remaining hot mixture, stirring constantly. Cook over medium heat, stirring constantly, 3 minutes or until thickened.

Remove from heat; stir in butter, lemon rind, and lemon juice.

Set saucepan in a bowl of ice water. Cool completely (about 5 minutes), stirring often.

Pour mixture into crust. Cover and chill 4 hours.

Spread whipped topping over pie before serving.

Nutrition Facts



PROTEIN 6.56% **FAT 29.42%** **CARBS 64.02%**

Properties

Glycemic Index:8.76, Glycemic Load:11.64, Inflammation Score:-3, Nutrition Score:5.9582609093708%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 262.15kcal (13.11%), Fat: 8.7g (13.39%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 42.6g (14.2%), Net Carbohydrates: 41.98g (15.27%), Sugar: 25.97g (28.85%), Cholesterol: 28.45mg (9.48%), Sodium: 196.71mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Vitamin B2: 0.25mg (14.67%), Manganese: 0.28mg (14.1%), Phosphorus: 109.61mg (10.96%), Vitamin B12: 0.63µg (10.42%), Calcium: 101.66mg (10.17%), Vitamin B1: 0.1mg (6.61%), Selenium: 4.4µg (6.28%), Vitamin C: 4.91mg (5.95%), Folate: 22.48µg (5.62%), Vitamin D: 0.77µg

(5.16%), Vitamin A: 241.31IU (4.83%), Vitamin K: 4.76µg (4.53%), Potassium: 154.6mg (4.42%), Zinc: 0.66mg (4.37%),
Vitamin B6: 0.09mg (4.28%), Vitamin B3: 0.82mg (4.1%), Iron: 0.71mg (3.97%), Vitamin E: 0.56mg (3.72%),
Magnesium: 14.78mg (3.7%), Vitamin B5: 0.36mg (3.64%), Copper: 0.06mg (3.07%), Fiber: 0.62g (2.47%)