

Lemon Icebox Pie II

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



467 kcal

DESSERT

Ingredients

- 0.8 cup butter melted
- 16 ounce cream cheese softened
- 10 ounce evaporated milk canned
- 3 cups graham cracker crumbs
- 1 cup juice of lemon
- 10 ounce condensed milk sweetened canned
- 0.5 cup granulated sugar white

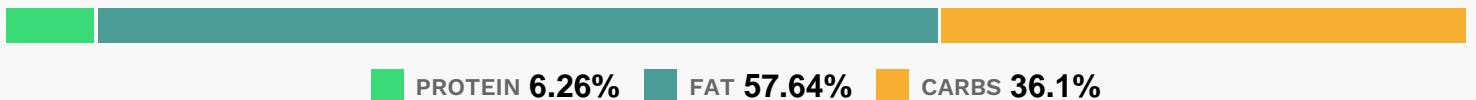
Equipment

- bowl
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
- In a medium bowl, mix together graham cracker crumbs and 2/3 cup sugar.
- Add melted butter or margarine, stirring until ingredients are thoroughly combined. Pat mixture into baking dish.
- Bake in preheated oven for 7 minutes. Cool.
- In a large mixing bowl, beat softened cream cheese until fluffy.
- Mix in 1/2 cup sugar.
- Add chilled evaporated milk, chilled condensed milk, and lemon juice. Beat until smooth.
- Mixture will be firm.
- Spread mixture into cooled graham cracker crust. Chill several hours before serving.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:25.54, Inflammation Score:-6, Nutrition Score:7.3234782309636%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 467.35kcal (23.37%), Fat: 30.53g (46.96%), Saturated Fat: 17.65g (110.28%), Carbohydrates: 43.02g (14.34%), Net Carbohydrates: 42.25g (15.36%), Sugar: 30.31g (33.68%), Cholesterol: 83.56mg (27.85%), Sodium: 403.64mg (17.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin A: 982.95IU (19.66%), Phosphorus: 195.63mg (19.56%), Vitamin B2: 0.32mg (18.81%), Calcium: 186.72mg (18.67%), Vitamin C:

8.93mg (10.83%), Selenium: 7.5µg (10.72%), Potassium: 270.81mg (7.74%), Magnesium: 29.11mg (7.28%), Zinc: 1.02mg (6.83%), Vitamin B1: 0.09mg (6.3%), Vitamin B5: 0.59mg (5.86%), Iron: 1.02mg (5.68%), Folate: 22.04µg (5.51%), Vitamin E: 0.76mg (5.07%), Vitamin B3: 0.95mg (4.74%), Vitamin B12: 0.25µg (4.15%), Vitamin B6: 0.08mg (3.79%), Fiber: 0.77g (3.1%), Vitamin K: 2.07µg (1.97%), Copper: 0.02mg (1.21%)