

Lemon Icebox Pie III

READY IN



45 min.

SERVINGS



8

CALORIES



1318 kcal

Ingredients

- 16 ounce cream cheese softened
- 9 inch graham cracker crust prepared
- 2 juice of lemon juiced
- 1 teaspoon lemon zest
- 14 ounce condensed milk sweetened canned

Equipment

- mixing bowl

Directions

- In a medium mixing bowl, beat cream cheese until fluffy.
- Add condensed milk, lemon juice, and lemon rind.
- Mix until smooth.
- Pour mixture into crust. Refrigerate at least 2 hours before serving.
- Garnish with whipped cream and mint leaves if desired.

Nutrition Facts

PROTEIN 5.19%

FAT 48.42%

CARBS 46.39%

Properties

Glycemic Index:11, Glycemic Load:17.31, Inflammation Score:-7, Nutrition Score:24.473912993203%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1317.63kcal (65.88%), Fat: 71.27g (109.65%), Saturated Fat: 23.74g (148.39%), Carbohydrates: 153.65g (51.22%), Net Carbohydrates: 149.97g (54.53%), Sugar: 63.94g (71.04%), Cholesterol: 74.13mg (24.71%), Sodium: 1141.92mg (49.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.19g (34.39%), Manganese: 2.47mg (123.58%), Vitamin B2: 0.75mg (43.85%), Vitamin K: 43.18µg (41.12%), Phosphorus: 410.58mg (41.06%), Folate: 136.41µg (34.1%), Vitamin B3: 6.32mg (31.61%), Iron: 5.14mg (28.54%), Vitamin E: 4.12mg (27.45%), Vitamin B1: 0.41mg (27.44%), Calcium: 252.14mg (25.21%), Selenium: 17.2µg (24.57%), Copper: 0.45mg (22.28%), Zinc: 3.14mg (20.97%), Vitamin A: 896.42IU (17.93%), Magnesium: 62.48mg (15.62%), Fiber: 3.68g (14.73%), Potassium: 483.14mg (13.8%), Vitamin B5: 1.05mg (10.46%), Vitamin B6: 0.21mg (10.31%), Vitamin B12: 0.34µg (5.72%), Vitamin C: 4.51mg (5.47%)