



Lemon Layer Ice Cream Pie

 Dairy Free

READY IN



385 min.

SERVINGS



8

CALORIES



311 kcal

Ingredients

- ☐ 1 deep dish pie crust frozen pillsbury®
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 15.8 oz jell-o lemon flavor pudding & pie filling canned
- ☐ 3 cups whipped cream softened

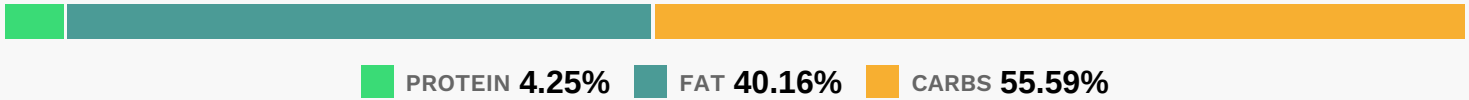
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400°F.
- ☐ Bake pie crust as directed on package for one-crust baked pie shell. Cool completely, about 30 minutes.
- ☐ In large bowl, stir lemon peel into ice cream just until well mixed. Quickly spread 1 cup ice cream mixture in crust-lined pan; return remaining ice cream to freezer. Freeze pie until partially frozen, about 30 minutes. In small bowl, mix pie filling and lemon juice until well blended.
- ☐ Spread evenly over ice cream mixture in crust-lined pan. Freeze 45 minutes longer or until partially frozen. Spoon remaining ice cream mixture over top; spread evenly to cover. Freeze at least 4 hours or until firm in center.
- ☐ To serve, let pie stand at room temperature 10 to 15 minutes before cutting into wedges.
- ☐ Garnish with lemon slices.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:6.91, Inflammation Score:-2, Nutrition Score:3.9321738818417%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 310.55kcal (15.53%), Fat: 13.88g (21.36%), Saturated Fat: 5.66g (35.36%), Carbohydrates: 43.24g (14.41%), Net Carbohydrates: 42.46g (15.44%), Sugar: 26.24g (29.15%), Cholesterol: 31.27mg (10.42%), Sodium: 277.21mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin B2: 0.16mg (9.39%), Phosphorus: 71.36mg (7.14%), Calcium: 69.46mg (6.95%), Manganese: 0.14mg (6.93%), Folate: 24.64µg (6.16%), Vitamin B1: 0.09mg (5.67%), Vitamin K: 4.39µg (4.18%), Vitamin A: 208.63IU (4.17%), Vitamin B5: 0.39mg (3.93%), Vitamin B3: 0.77mg (3.83%), Iron: 0.69mg (3.81%), Potassium: 126.54mg (3.62%), Vitamin E: 0.5mg (3.35%), Vitamin B12: 0.19µg (3.22%), Zinc: 0.47mg (3.15%), Fiber: 0.77g (3.1%), Selenium: 2.17µg (3.09%), Magnesium: 11.32mg (2.83%), Vitamin B6: 0.04mg (1.92%), Copper: 0.03mg (1.71%), Vitamin C: 1.35mg (1.63%)