



Lemon Mousse Pie

READY IN



80 min.

SERVINGS



8

CALORIES



1293 kcal

DESSERT

Ingredients

- 1 cup powdered sugar
- 8 ounce cream cheese
- 0.3 ounce gelatin powder unflavored
- 1 cup heavy whipping cream
- 0.5 cup juice of lemon
- 1 teaspoon lemon zest grated
- 9 inch pie crust dough
- 0.3 cup water

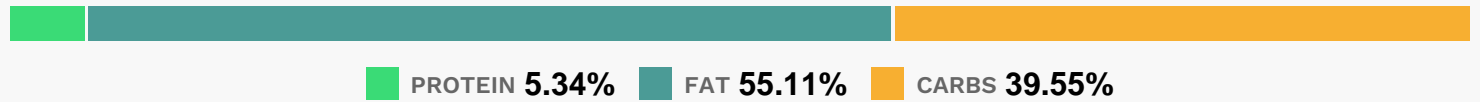
Equipment

- bowl
- sauce pan

Directions

- In a saucepan, combine gelatin, lemon juice and water. Stir over medium heat until dissolved.
- Remove from heat and stir in grated lemon zest. Set aside.
- In a large bowl, combine cream cheese and sugar. Beat until smooth. Blend in gelatin mixture. Refrigerate 15 minutes until thick.
- Fold whipped cream into cream cheese mixture. Spoon filling into baked pie crust. Refrigerate 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:18.121739330499%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1293.41kcal (64.67%), Fat: 79.19g (121.83%), Saturated Fat: 30.93g (193.34%), Carbohydrates: 127.87g (42.62%), Net Carbohydrates: 122.17g (44.43%), Sugar: 17g (18.89%), Cholesterol: 62.25mg (20.75%), Sodium: 1019.87mg (44.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.26g (34.53%), Manganese: 1mg (50.06%), Vitamin B1: 0.64mg (42.35%), Folate: 164.59µg (41.15%), Iron: 5.94mg (33.02%), Vitamin B3: 6.14mg (30.68%), Vitamin B2: 0.51mg (30.06%), Selenium: 16.61µg (23.73%), Fiber: 5.7g (22.79%), Phosphorus: 211.18mg (21.12%), Vitamin K: 17.97µg (17.12%), Vitamin A: 821.35IU (16.43%), Vitamin B5: 1.17mg (11.71%), Vitamin E: 1.58mg (10.51%), Copper: 0.2mg (10.06%), Magnesium: 39.61mg (9.9%), Calcium: 91.99mg (9.2%), Potassium: 300.48mg (8.59%), Zinc: 1.24mg (8.25%), Vitamin C: 6.4mg (7.76%), Vitamin B6: 0.15mg (7.31%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.11µg (1.83%)