

## Lemon Pie I

READY IN



45 min.

SERVINGS



8

CALORIES



1184 kcal

### Ingredients

- 9 inch graham cracker crust prepared
- 0.5 cup juice of lemon
- 14 ounce condensed milk sweetened canned
- 8 ounce non-dairy whipped topping frozen thawed

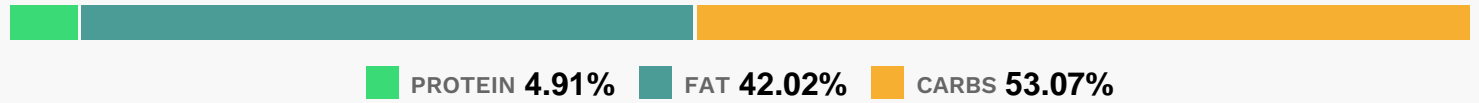
### Equipment

- bowl

### Directions

In a bowl, combine milk and lemon juice; mix until smooth (mixture will begin to thicken). Fold in whipped topping; spoon into crust. Chill until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:16.46, Inflammation Score:-5, Nutrition Score:22.558695655802%

## 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: 1184.27kcal (59.21%), Fat: 55.5g (85.38%), Saturated Fat: 15.5g (96.85%), Carbohydrates: 157.71g (52.57%), Net Carbohydrates: 154.03g (56.01%), Sugar: 68.68g (76.31%), Cholesterol: 17.43mg (5.81%), Sodium: 984.36mg (42.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.16%), Manganese: 2.47mg (123.31%), Vitamin K: 42.9µg (40.85%), Vitamin B2: 0.64mg (37.74%), Phosphorus: 371.48mg (37.15%), Folate: 133.67µg (33.42%), Vitamin B3: 6.3mg (31.52%), Iron: 5.11mg (28.37%), Vitamin B1: 0.41mg (27.06%), Vitamin E: 3.78mg (25.21%), Copper: 0.44mg (21.96%), Calcium: 217.4mg (21.74%), Zinc: 2.89mg (19.29%), Selenium: 13.01µg (18.59%), Magnesium: 59.79mg (14.95%), Fiber: 3.68g (14.72%), Potassium: 444.51mg (12.7%), Vitamin B6: 0.18mg (9.17%), Vitamin C: 7.19mg (8.72%), Vitamin B5: 0.73mg (7.32%), Vitamin B12: 0.28µg (4.58%), Vitamin A: 156.27IU (3.13%)