



Lemon Pie II

READY IN



45 min.

SERVINGS



8

CALORIES



1219 kcal

Ingredients

- 8 ounce cream cheese
- 9 inch graham cracker crust prepared
- 0.3 cup juice of lemon
- 14 ounce condensed milk sweetened canned

Equipment

Directions

- Mix together the cream cheese, milk and lemon juice.
- Mix well and spread in graham crust. Chill and top as desired.

Nutrition Facts

PROTEIN 5.05% FAT 45.22% CARBS 49.73%

Properties

Glycemic Index:11, Glycemic Load:16.89, Inflammation Score:-6, Nutrition Score:23.192608944748%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1218.88kcal (60.94%), Fat: 61.52g (94.65%), Saturated Fat: 18.02g (112.61%), Carbohydrates: 152.23g (50.74%), Net Carbohydrates: 148.56g (54.02%), Sugar: 62.93g (69.92%), Cholesterol: 45.5mg (15.17%), Sodium: 1052.91mg (45.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.91%), Manganese: 2.47mg (123.44%), Vitamin K: 42.59µg (40.56%), Vitamin B2: 0.68mg (40.03%), Phosphorus: 380.43mg (38.04%), Folate: 134.35µg (33.59%), Vitamin B3: 6.3mg (31.49%), Iron: 5.11mg (28.37%), Vitamin B1: 0.41mg (27.03%), Vitamin E: 3.88mg (25.84%), Calcium: 224.47mg (22.45%), Copper: 0.44mg (22.03%), Selenium: 14.76µg (21.09%), Zinc: 3mg (20.03%), Magnesium: 60.05mg (15.01%), Fiber: 3.66g (14.66%), Potassium: 448.06mg (12.8%), Vitamin A: 515.72IU (10.31%), Vitamin B6: 0.19mg (9.56%), Vitamin B5: 0.89mg (8.87%), Vitamin C: 5.22mg (6.33%), Vitamin B12: 0.28µg (4.68%)