



Lemon Pineapple Pie

READY IN



45 min.

SERVINGS



10

CALORIES



854 kcal

Ingredients

- 20 ounce pineapple with juice crushed canned
- 9 inch graham cracker crust prepared
- 3 ounce lemon pudding mix instant
- 0.5 cup cup heavy whipping cream sour

Equipment

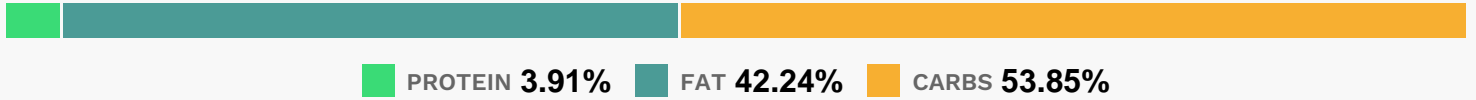
- bowl

Directions

- In a medium bowl, combine pineapple with juice, pudding mix, and sour cream.

Mix well and spoon into graham cracker crust. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:16.882608596397%

Nutrients (% of daily need)

Calories: 854.19kcal (42.71%), Fat: 40.28g (61.97%), Saturated Fat: 8.82g (55.1%), Carbohydrates: 115.54g (38.51%), Net Carbohydrates: 111.89g (40.69%), Sugar: 36.17g (40.19%), Cholesterol: 6.78mg (2.26%), Sodium: 767.8mg (33.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.76%), Manganese: 1.97mg (98.63%), Vitamin K: 33.92µg (32.31%), Folate: 102.97µg (25.74%), Vitamin B3: 5.1mg (25.5%), Iron: 4.16mg (23.11%), Vitamin B1: 0.34mg (22.81%), Vitamin B2: 0.36mg (21.13%), Copper: 0.41mg (20.3%), Vitamin E: 2.89mg (19.24%), Phosphorus: 191.97mg (19.2%), Fiber: 3.65g (14.61%), Zinc: 2.01mg (13.39%), Magnesium: 45.19mg (11.3%), Vitamin B6: 0.16mg (8.2%), Potassium: 258mg (7.37%), Selenium: 4.72µg (6.75%), Vitamin C: 5.43mg (6.59%), Calcium: 65.48mg (6.55%), Vitamin B5: 0.31mg (3.14%), Vitamin A: 101.52IU (2.03%)