

Lemon Whip Dessert

READY IN



45 min.

SERVINGS



8

CALORIES



523 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 60 round buttery crackers crushed
- 0.3 cup powdered sugar
- 6 ounce lemonade concentrate frozen canned
- 14 ounce condensed milk sweetened canned
- 12 ounce non-dairy whipped topping frozen thawed

Equipment

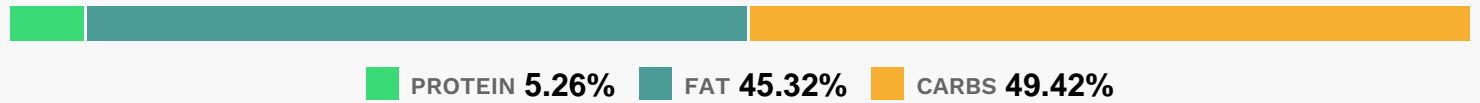
- frying pan

mixing bowl

Directions

- In a mixing bowl, combine the crushed crackers, confectioners sugar and melted butter. Press into the bottom of a 9x13 inch pan; reserve 1/3 cup for sprinkling on top.
- Blend together the lemonade, sweetened condensed milk and whipped topping.
- Pour over crust and sprinkle with remaining crumb mixture. If desired, garnish with thinly sliced lemons.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:16.47, Inflammation Score:-4, Nutrition Score:8.0552172945893%

Nutrients (% of daily need)

Calories: 523.19kcal (26.16%), Fat: 26.76g (41.18%), Saturated Fat: 16.05g (100.33%), Carbohydrates: 65.68g (21.89%), Net Carbohydrates: 65.09g (23.67%), Sugar: 51.99g (57.77%), Cholesterol: 48.22mg (16.07%), Sodium: 384.86mg (16.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.99%), Phosphorus: 223.3mg (22.33%), Calcium: 210.67mg (21.07%), Vitamin B2: 0.31mg (18.22%), Selenium: 9.65µg (13.78%), Vitamin K: 13.94µg (13.28%), Vitamin B1: 0.16mg (10.5%), Vitamin A: 518.48IU (10.37%), Vitamin E: 1.43mg (9.5%), Potassium: 272.57mg (7.79%), Iron: 1.17mg (6.48%), Vitamin B3: 1.27mg (6.37%), Manganese: 0.13mg (6.37%), Folate: 24.85µg (6.21%), Magnesium: 21.92mg (5.48%), Vitamin B12: 0.33µg (5.46%), Vitamin B5: 0.5mg (4.95%), Vitamin C: 4.08mg (4.94%), Zinc: 0.67mg (4.45%), Vitamin B6: 0.05mg (2.6%), Fiber: 0.58g (2.33%), Copper: 0.04mg (2.13%)