



Lemon Whipped Pie

READY IN



45 min.

SERVINGS



20

CALORIES



96 kcal

DESSERT

Ingredients

- ☐ 12 fluid ounce evaporated milk chilled canned
- ☐ 18 inch graham cracker crusts prepared
- ☐ 3 ounce jell-o lemon flavored
- ☐ 6 tablespoons juice of lemon
- ☐ 1 cup pineapple crushed drained
- ☐ 1 cup water boiling
- ☐ 1 cup sugar white

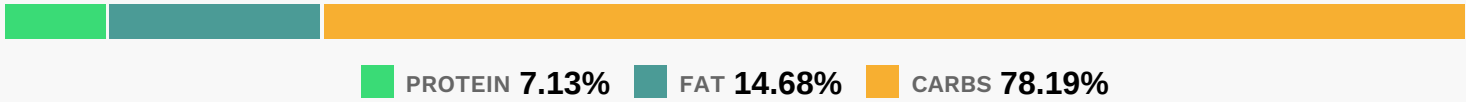
Equipment

☐ mixing bowl

Directions

- ☐ Dissolve gelatin in boiling water. Set aside to cool.
- ☐ In a large mixing bowl, whip the chilled evaporated milk.
- ☐ Mix in sugar and lemon juice.
- ☐ Add cooled gelatin mixture and whip until all ingredients are thoroughly combined. Stir in crushed pineapple.
- ☐ Pour half of mixture into each crust. Chill before serving.
- ☐ Garnish with chopped maraschino cherries if desired.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:8.21, Inflammation Score:-1, Nutrition Score:1.5482608889756%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 96.43kcal (4.82%), Fat: 1.63g (2.5%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 19.24g (7%), Sugar: 17.75g (19.72%), Cholesterol: 5.15mg (1.72%), Sodium: 54.54mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.55%), Calcium: 50.86mg (5.09%), Phosphorus: 47.82mg (4.78%), Vitamin B2: 0.07mg (4.02%), Vitamin C: 3.19mg (3.87%), Potassium: 77.61mg (2.22%), Magnesium: 7.85mg (1.96%), Vitamin B1: 0.03mg (1.79%), Zinc: 0.2mg (1.32%), Copper: 0.02mg (1.23%), Vitamin B5: 0.12mg (1.2%), Selenium: 0.8µg (1.15%), Vitamin B6: 0.02mg (1.11%), Folate: 4.09µg (1.02%)