



Lemonade Cheesecake Pie

READY IN



260 min.

SERVINGS



20

CALORIES



127 kcal

DESSERT

Ingredients

- 8 oz philadelphia cream cheese softened
- 6 oz ready-to-use graham cracker crumb crust
- 0.5 cup lemonade concentrate frozen thawed
- 1.5 cups strawberries sliced
- 2 Tbsp sugar
- 8 oz cool whip whipped topping divided thawed

Equipment


- bowl

blender

Directions

- Beat cream cheese in medium bowl with mixer until creamy. Gradually add concentrate, beating well after each addition. Stir in 2 cups COOL WHIP. Spoon into crust.
- Refrigerate 4 hours or until firm. Meanwhile, toss berries with sugar. Refrigerate until ready to use.
- Serve pie topped with berries and remaining COOL WHIP.

Nutrition Facts

  
 **PROTEIN 4.81%**  **FAT 52.68%**  **CARBS 42.51%**

Properties

Glycemic Index:6.85, Glycemic Load:1.25, Inflammation Score:-2, Nutrition Score:2.3178260818772%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.68mg, Pelargonidin: 2.68mg, Pelargonidin: 2.68mg, Pelargonidin: 2.68mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 127.37kcal (6.37%), Fat: 7.57g (11.65%), Saturated Fat: 4g (25%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 13.35g (4.86%), Sugar: 9g (10%), Cholesterol: 11.68mg (3.89%), Sodium: 84.36mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Vitamin C: 7.13mg (8.64%), Manganese: 0.15mg (7.66%), Phosphorus: 33.48mg (3.35%), Vitamin B2: 0.06mg (3.35%), Vitamin A: 162.07IU (3.24%), Vitamin K: 2.7µg (2.58%), Folate: 9.9µg (2.47%), Calcium: 23.67mg (2.37%), Vitamin E: 0.35mg (2.32%), Selenium: 1.54µg (2.2%), Vitamin B3: 0.34mg (1.72%), Iron: 0.3mg (1.64%), Vitamin B1: 0.02mg (1.62%), Potassium: 56.84mg (1.62%), Fiber: 0.4g (1.58%), Copper: 0.03mg (1.41%), Magnesium: 5.59mg (1.4%), Zinc: 0.19mg (1.28%), Vitamin B6: 0.02mg (1.07%)