



Lemonade Pie II

READY IN



45 min.

SERVINGS



10

CALORIES



978 kcal

Ingredients

- 9 inch graham cracker crust prepared
- 6 ounce lemonade concentrate frozen thawed canned
- 14 ounce condensed milk sweetened canned
- 8 ounce non-dairy whipped topping frozen thawed

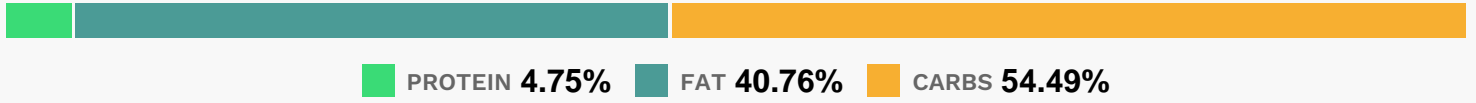
Equipment

- bowl

Directions

- In a large bowl, mix together concentrate and sweetened condensed milk. Fold in whipped topping.
- Pour filling into crust, and chill before serving.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:13.17, Inflammation Score:-4, Nutrition Score:18.725217518599%

Nutrients (% of daily need)

Calories: 978.07kcal (48.9%), Fat: 44.49g (68.44%), Saturated Fat: 12.4g (77.47%), Carbohydrates: 133.81g (44.6%), Net Carbohydrates: 130.85g (47.58%), Sugar: 62.21g (69.12%), Cholesterol: 13.95mg (4.65%), Sodium: 788.56mg (34.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.32%), Manganese: 1.97mg (98.69%), Vitamin K: 34.35µg (32.72%), Vitamin B2: 0.51mg (30.08%), Phosphorus: 297.4mg (29.74%), Folate: 105.69µg (26.42%), Vitamin B3: 5.05mg (25.26%), Iron: 4.09mg (22.73%), Vitamin B1: 0.33mg (21.68%), Vitamin E: 3.02mg (20.15%), Copper: 0.35mg (17.58%), Calcium: 174.38mg (17.44%), Zinc: 2.32mg (15.43%), Selenium: 10.46µg (14.95%), Magnesium: 48.29mg (12.07%), Fiber: 2.96g (11.83%), Potassium: 355.29mg (10.15%), Vitamin B6: 0.14mg (7.22%), Vitamin B5: 0.59mg (5.9%), Vitamin C: 3.26mg (3.95%), Vitamin B12: 0.22µg (3.67%), Vitamin A: 124.28IU (2.49%)