



Lemonade Pie IV

READY IN



45 min.

SERVINGS



10

CALORIES



1059 kcal

Ingredients

- 8 ounce cream cheese softened
- 9 inch graham cracker crust prepared
- 0.8 cup lemonade concentrate frozen thawed
- 14 ounce condensed milk sweetened canned
- 8 ounce non-dairy whipped topping frozen thawed

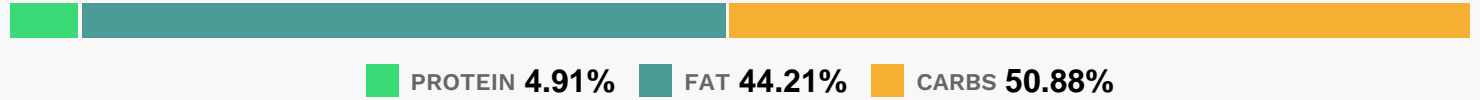
Equipment

- bowl
- blender

Directions

- In a blender, combine lemonade concentrate, cream cheese, and condensed milk. Blend on medium speed until mixture is smooth.
- Transfer mixture to a bowl and fold in whipped topping.
- Pour mixture into graham cracker crust. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:13.51, Inflammation Score:-6, Nutrition Score:19.806086903033%

Nutrients (% of daily need)

Calories: 1058.89kcal (52.94%), Fat: 52.29g (80.45%), Saturated Fat: 16.98g (106.11%), Carbohydrates: 135.43g (45.14%), Net Carbohydrates: 132.47g (48.17%), Sugar: 63.39g (70.43%), Cholesterol: 36.85mg (12.28%), Sodium: 859.82mg (37.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.11%), Manganese: 1.98mg (98.81%), Vitamin K: 34.83µg (33.17%), Vitamin B2: 0.56mg (33.15%), Phosphorus: 321.72mg (32.17%), Folate: 107.78µg (26.94%), Vitamin B3: 5.07mg (25.36%), Iron: 4.12mg (22.87%), Vitamin B1: 0.33mg (22.04%), Vitamin E: 3.22mg (21.46%), Calcium: 196.43mg (19.64%), Copper: 0.36mg (17.79%), Selenium: 12.42µg (17.74%), Zinc: 2.43mg (16.19%), Magnesium: 50.38mg (12.6%), Fiber: 2.96g (11.84%), Potassium: 385.76mg (11.02%), Vitamin A: 428.87IU (8.58%), Vitamin B6: 0.16mg (7.87%), Vitamin B5: 0.72mg (7.2%), Vitamin B12: 0.27µg (4.5%), Vitamin C: 3.36mg (4.07%)