

Lemonade Pie V

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



1308 kcal

Ingredients

- ☐ 9 inch graham cracker crust prepared
- ☐ 6 ounce lemonade concentrate frozen canned
- ☐ 1 quart whipped cream softened
- ☐ 8 ounce non-dairy whipped topping frozen thawed

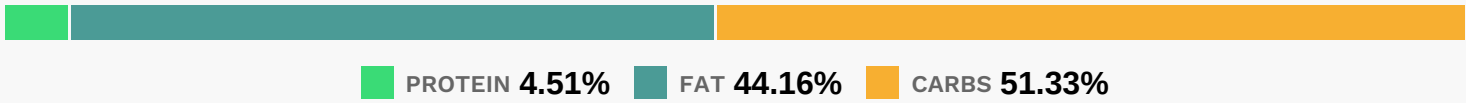
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake crust in oven for 8 to 10 minutes until light brown. Allow to cool.
- ☐ In a large bowl, mix until creamy the ice cream, lemonade and whipped topping.
- ☐ Spread mixture into pie crust, then place in freezer for 20 minutes.
- ☐ Serve pie after it has set.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:16.52, Inflammation Score:-6, Nutrition Score:23.513913159785%

Nutrients (% of daily need)

Calories: 1308.21kcal (65.41%), Fat: 64.31g (98.93%), Saturated Fat: 20.8g (130.02%), Carbohydrates: 168.19g (56.06%), Net Carbohydrates: 163.67g (59.51%), Sugar: 75.85g (84.27%), Cholesterol: 52.62mg (17.54%), Sodium: 1017.32mg (44.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.58%), Manganese: 2.47mg (123.68%), Vitamin B2: 0.72mg (42.16%), Vitamin K: 43µg (40.95%), Phosphorus: 370.44mg (37.04%), Folate: 132.57µg (33.14%), Vitamin B3: 6.35mg (31.74%), Iron: 5.13mg (28.48%), Vitamin B1: 0.41mg (27.35%), Vitamin E: 4.05mg (27.03%), Copper: 0.46mg (22.96%), Calcium: 228.5mg (22.85%), Zinc: 3.24mg (21.62%), Fiber: 4.53g (18.1%), Magnesium: 64.02mg (16.01%), Potassium: 495.46mg (14.16%), Selenium: 7.87µg (11.24%), Vitamin B6: 0.21mg (10.6%), Vitamin B5: 1.05mg (10.52%), Vitamin A: 520.91IU (10.42%), Vitamin B12: 0.52µg (8.63%), Vitamin C: 3.5mg (4.24%), Vitamin D: 0.24µg (1.58%)