



Lemonade Stand Pie

 Dairy Free

READY IN



255 min.

SERVINGS



15

CALORIES



151 kcal

Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 0.3 cup country time lemonade flavor drink mix
- 1 cup poached berries mixed (blueberries, blackberries and raspberries)
- 2 cups whipped cream softened
- 0.5 cup water cold
- 8 oz cool whip whipped topping thawed

Equipment

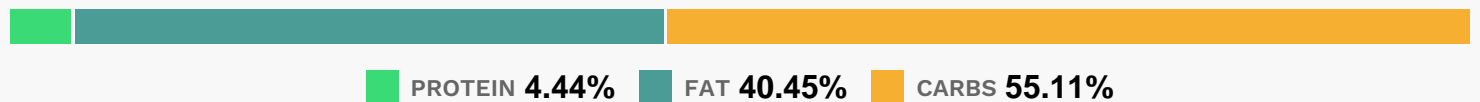
- bowl
- whisk

blender

Directions

- Add water to drink mix in large bowl; stir until dissolved.
- Add ice cream; beat with mixer until blended.
- Whisk in COOL WHIP. Freeze, if necessary, until mixture is thick enough to mound.
- Spoon into crust.
- Freeze 4 hours or until firm.
- Remove from freezer 15 min. before serving.
- Let stand at room temperature until pie can easily be cut.
- Serve with berries.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:2.46, Inflammation Score:-2, Nutrition Score:2.6699999927179%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg Delphinidin: 2.23mg, Delphinidin: 2.23mg, Delphinidin: 2.23mg, Delphinidin: 2.23mg Malvidin: 5.13mg, Malvidin: 5.13mg, Malvidin: 5.13mg, Malvidin: 5.13mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 150.69kcal (7.53%), Fat: 6.85g (10.53%), Saturated Fat: 3.48g (21.73%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 20.35g (7.4%), Sugar: 14.81g (16.46%), Cholesterol: 8.05mg (2.68%), Sodium: 81.35mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Manganese: 0.16mg (8.17%), Vitamin B2: 0.08mg (4.93%), Magnesium: 18.69mg (4.67%), Vitamin K: 4.7µg (4.48%), Phosphorus: 44.27mg (4.43%), Calcium: 38.58mg (3.86%), Vitamin C: 2.3mg (2.78%), Vitamin E: 0.39mg (2.63%), Fiber: 0.64g (2.55%), Folate: 9.72µg (2.43%), Vitamin B1: 0.04mg (2.34%), Vitamin B3: 0.46mg (2.3%), Potassium: 75.81mg (2.17%), Iron: 0.35mg (1.96%), Zinc: 0.29mg (1.94%), Copper: 0.04mg (1.88%), Vitamin A: 90.59IU (1.81%), Vitamin B12: 0.1µg (1.65%), Selenium: 1.01µg

(1.45%), Vitamin B5: 0.14mg (1.38%), Vitamin B6: 0.03mg (1.37%)