



Lemony Blueberry Layered Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1428 kcal

DESSERT

Ingredients

- ☐ 21 ounce lucky leaf® premium blueberry pie filling canned
- ☐ 8 ounce cream cheese softened
- ☐ 9 inch graham cracker crust
- ☐ 3.4 ounce lemon pudding mix instant
- ☐ 0.5 cup juice of lemon freshly squeezed
- ☐ 2 teaspoons lemon zest fresh
- ☐ 0.5 cup powdered sugar
- ☐ 14 ounce condensed milk sweetened canned

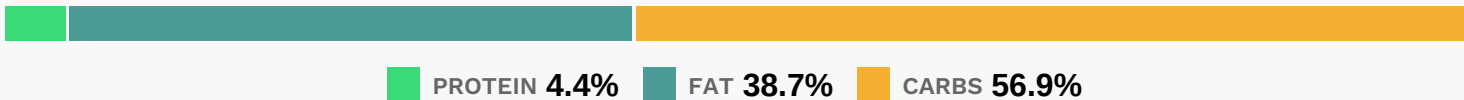
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Combine cream cheese, condensed milk and powdered sugar in a large bowl. Using an electric mixer, mix at medium speed for 1 to 2 minutes, until smooth.
- ☐ Add pudding mix, lemon zest and lemon juice; mix until well blended. Spoon about half of LUCKY LEAF Premium Blueberry Pie Filling evenly into bottom of graham cracker crust. Spoon lemon-filling mixture on top and spread evenly. Cover and chill for at least 1 hour.
- ☐ Spoon remaining LUCKY LEAF Premium Blueberry Pie Filling on top just before serving.
- ☐ Garnish with fresh lemon zest if desired.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:16.89, Inflammation Score:-7, Nutrition Score:24.895652260469%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1427.84kcal (71.39%), Fat: 61.75g (94.99%), Saturated Fat: 18.02g (112.62%), Carbohydrates: 204.25g (68.08%), Net Carbohydrates: 198.57g (72.21%), Sugar: 98.54g (109.49%), Cholesterol: 45.5mg (15.17%), Sodium: 1123.04mg (48.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.6%), Manganese: 2.63mg (131.63%), Vitamin K: 45.49µg (43.32%), Vitamin B2: 0.71mg (41.84%), Phosphorus: 390.19mg (39.02%), Folate: 136.18µg (34.05%), Vitamin B3: 6.37mg (31.87%), Iron: 5.73mg (31.86%), Vitamin B1: 0.42mg (28.32%), Vitamin E: 4.06mg (27.04%), Copper: 0.53mg (26.43%), Calcium: 246.21mg (24.62%), Fiber: 5.68g (22.72%), Selenium: 15.25µg (21.78%), Zinc: 3.09mg (20.57%), Magnesium: 68.35mg (17.09%), Potassium: 540.43mg (15.44%), Vitamin B6: 0.22mg (10.83%), Vitamin A: 532.65IU (10.65%), Vitamin C: 8.36mg (10.13%), Vitamin B5: 0.97mg (9.68%), Vitamin B12: 0.28µg (4.68%)