



Luscious Cheesecake Pudding Pie

READY IN



195 min.

SERVINGS



15

CALORIES



165 kcal

Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 2 pkg jell-o cheesecake flavor pudding instant (4-serving size each)
- 1 tsp peel from 1 lime grated
- 1.5 cups milk cold
- 1.3 cups raspberries fresh divided
- 0.3 cup raspberry preserves
- 2 cups cool whip whipped topping thawed

Equipment

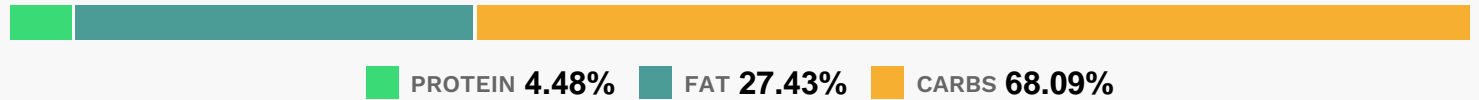
- bowl

whisk

Directions

- Spread preserves onto bottom of crust; top with 1 cup of the raspberries.
- Pour milk into large bowl.
- Add dry pudding mixes and lime peel. Beat with wire whisk 2 minutes or until well blended. (
- Mixture will be thick.) Gently stir in whipped topping. Spoon over raspberries in crust.
- Refrigerate 3 hours or until set. Top with remaining raspberries just before serving. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:2.7, Inflammation Score:-1, Nutrition Score:2.9286956372468%

Flavonoids

Cyanidin: 4.88mg, Cyanidin: 4.88mg, Cyanidin: 4.88mg, Cyanidin: 4.88mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 164.63kcal (8.23%), Fat: 4.98g (7.66%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 26.82g (9.75%), Sugar: 18.69g (20.77%), Cholesterol: 3.13mg (1.04%), Sodium: 249.64mg (10.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Manganese: 0.22mg (11.03%), Phosphorus: 49.51mg (4.95%), Vitamin B2: 0.08mg (4.42%), Calcium: 44.24mg (4.42%), Vitamin C: 3.33mg (4.04%), Fiber: 0.97g (3.9%), Vitamin K: 3.7µg (3.52%), Vitamin B1: 0.04mg (2.73%), Folate: 10.54µg (2.64%), Vitamin B12: 0.15µg (2.53%), Vitamin E: 0.37mg (2.48%), Vitamin B3: 0.47mg (2.33%), Potassium: 80.12mg (2.29%), Iron: 0.41mg (2.26%),

Magnesium: 8.82mg (2.2%), Copper: 0.04mg (2.09%), Zinc: 0.3mg (2%), Vitamin D: 0.27µg (1.79%), Vitamin B6: 0.03mg (1.63%), Selenium: 1.13µg (1.62%), Vitamin B5: 0.15mg (1.48%), Vitamin A: 50.63IU (1.01%)