



Millionaire Pie II

READY IN



45 min.

SERVINGS



20

CALORIES



155 kcal

Ingredients

- ☐ 20 ounce pineapple crushed drained canned
- ☐ 3 tablespoons juice of lemon
- ☐ 2 tablespoons maraschino cherries chopped
- ☐ 0.3 cup pecans chopped
- ☐ 16 inch pastry shells cooled prepared
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 16 ounce non-dairy whipped topping frozen thawed

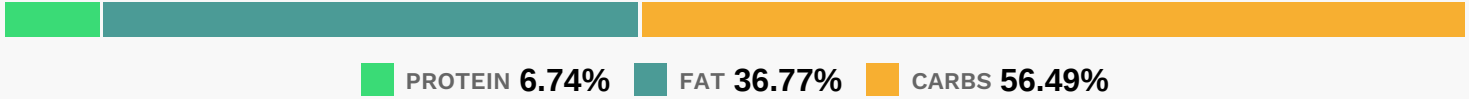
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, combine lemon juice, pecans, cherries, condensed milk, and pineapple.
- ☐ Mix well, then gently fold in whipped topping until all ingredients are thoroughly combined.
- ☐ Pour mixture into pie shells. Chill before serving.
- ☐ Garnish with chopped cherries and pecans if desired.

Nutrition Facts



Properties

Glycemic Index:6.35, Glycemic Load:7.09, Inflammation Score:-1, Nutrition Score:3.0660869401434%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 155.06kcal (7.75%), Fat: 6.49g (9.99%), Saturated Fat: 3.94g (24.6%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 21.86g (7.95%), Sugar: 20.89g (23.21%), Cholesterol: 7.2mg (2.4%), Sodium: 46.96mg (2.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Calcium: 79.09mg (7.91%), Phosphorus: 74.19mg (7.42%), Vitamin B2: 0.12mg (6.87%), Selenium: 4.14µg (5.92%), Vitamin C: 4.07mg (4.93%), Vitamin B1: 0.07mg (4.6%), Potassium: 141.14mg (4.03%), Manganese: 0.07mg (3.64%), Magnesium: 13.17mg (3.29%), Copper: 0.06mg (2.84%), Fiber: 0.58g (2.34%), Vitamin B12: 0.13µg (2.21%), Zinc: 0.31mg (2.1%), Vitamin B6: 0.04mg (2.02%), Vitamin A: 85.53IU (1.71%), Folate: 6.62µg (1.65%), Vitamin B5: 0.16mg (1.64%), Vitamin K: 1.44µg (1.37%), Iron: 0.23mg (1.3%), Vitamin B3: 0.25mg (1.24%), Vitamin E: 0.19mg (1.23%)