



Orange Cream Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



139 kcal

Ingredients

- 6 ounce graham cracker crust reduced-fat
- 11 ounce mandarin orange segments drained canned
- 8 servings garnish: orange rind curls

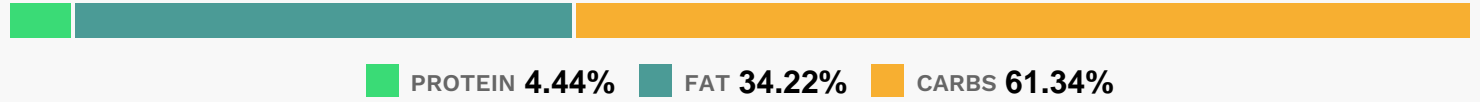
Equipment

- hand mixer

Directions

- Beat softened ice cream and mandarin oranges at medium speed with an electric mixer until blended. Spoon into piecrust. Cover and freeze 8 hours or until firm.
- Serve with Orange Glaze, if desired.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:1.88, Inflammation Score:-4, Nutrition Score:5.2208696033644%

Flavonoids

Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg

Nutrients (% of daily need)

Calories: 138.82kcal (6.94%), Fat: 5.42g (8.34%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 19.48g (7.08%), Sugar: 7.98g (8.87%), Cholesterol: 0mg (0%), Sodium: 101.28mg (4.4%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin C: 26.73mg (32.4%), Manganese: 0.29mg (14.44%), Fiber: 2.38g (9.51%), Vitamin A: 316.07IU (6.32%), Folate: 23.66µg (5.91%), Vitamin B1: 0.08mg (5.08%), Vitamin B3: 0.94mg (4.7%), Vitamin K: 4.64µg (4.41%), Vitamin B2: 0.07mg (4.12%), Calcium: 39.91mg (3.99%), Iron: 0.71mg (3.93%), Copper: 0.07mg (3.74%), Phosphorus: 35.19mg (3.52%), Vitamin B6: 0.07mg (3.38%), Vitamin E: 0.5mg (3.34%), Potassium: 114.17mg (3.26%), Magnesium: 12.21mg (3.05%), Zinc: 0.32mg (2.15%), Vitamin B5: 0.18mg (1.81%), Selenium: 0.71µg (1.02%)