



Orange Cream Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



384 kcal

Ingredients

- ☐ 6 ounce graham cracker crust reduced-fat
- ☐ 1 quart ice cream fat-free sugar-free softened
- ☐ 11 ounce mandarin orange segents drained canned
- ☐ 8 servings garnish: orange rind curls

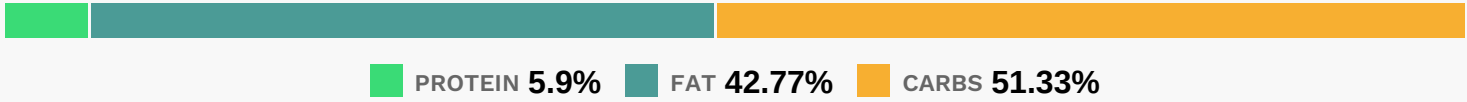
Equipment

- ☐ 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:12.88, Glycemic Load:18.41, Inflammation Score:-6, Nutrition Score:9.884782506072%

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: 383.69kcal (19.18%), Fat: 18.43g (28.35%), Saturated Fat: 9.11g (56.96%), Carbohydrates: 49.77g (16.59%), Net Carbohydrates: 46.57g (16.93%), Sugar: 33.06g (36.73%), Cholesterol: 52.05mg (17.35%), Sodium: 195.92mg (8.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Vitamin C: 27.44mg (33.26%), Vitamin B2: 0.35mg (20.83%), Calcium: 191.33mg (19.13%), Vitamin A: 814.09IU (16.28%), Phosphorus: 159.4mg (15.94%), Manganese: 0.3mg (14.92%), Fiber: 3.21g (12.82%), Potassium: 349.58mg (9.99%), Vitamin B5: 0.87mg (8.68%), Vitamin B1: 0.12mg (8.31%), Vitamin B12: 0.46µg (7.69%), Zinc: 1.14mg (7.6%), Folate: 29.57µg (7.39%), Magnesium: 28.77mg (7.19%), Vitamin B6: 0.12mg (6.22%), Vitamin E: 0.86mg (5.71%), Vitamin B3: 1.08mg (5.38%), Copper: 0.1mg (5.1%), Vitamin K: 4.99µg (4.75%), Iron: 0.81mg (4.52%), Selenium: 2.84µg (4.06%), Vitamin D: 0.24µg (1.58%)