

## Orange Ice Cream Pie

READY IN



10 min.

SERVINGS



8

CALORIES



272 kcal

### Ingredients

- 1 graham cracker crust (8 or 9 inches)
- 0.5 cup liquid malt extract
- 2 cups whipped cream softened
- 0.5 cup water
- 8 ounces non-dairy whipped topping frozen thawed

### Equipment

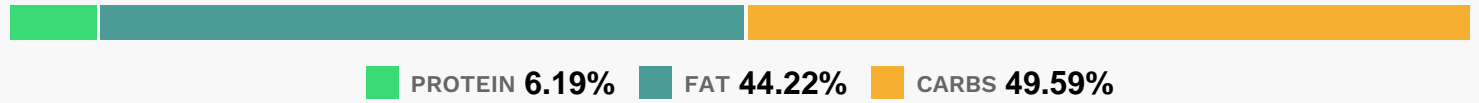
- bowl

### Directions

In a large bowl, stir drink mix and water until dissolved. Stir in ice cream. Fold in whipped topping.

Pour into the crust. freeze until firm. May be frozen for up to 2 months.

## Nutrition Facts



### Properties

Glycemic Index:7.63, Glycemic Load:4.61, Inflammation Score:-2, Nutrition Score:5.1534782570341%

### Nutrients (% of daily need)

Calories: 271.71kcal (13.59%), Fat: 13.36g (20.55%), Saturated Fat: 6.88g (42.99%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 33.06g (12.02%), Sugar: 21.25g (23.61%), Cholesterol: 16.96mg (5.65%), Sodium: 179.28mg (7.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.41%), Manganese: 0.29mg (14.73%), Vitamin B2: 0.22mg (13.05%), Phosphorus: 108.46mg (10.85%), Calcium: 92.26mg (9.23%), Vitamin B1: 0.1mg (6.52%), Vitamin B3: 1.16mg (5.8%), Vitamin K: 6.06µg (5.77%), Potassium: 177.53mg (5.07%), Folate: 19.91µg (4.98%), Magnesium: 18.91mg (4.73%), Selenium: 3.11µg (4.44%), Vitamin E: 0.66mg (4.41%), Vitamin B12: 0.25µg (4.13%), Zinc: 0.6mg (4%), Copper: 0.08mg (3.79%), Iron: 0.67mg (3.7%), Vitamin A: 177.62IU (3.55%), Vitamin B6: 0.07mg (3.48%), Vitamin B5: 0.28mg (2.78%), Fiber: 0.64g (2.57%)