

Orange Pie II

READY IN



45 min.

SERVINGS



8

CALORIES



1301 kcal

Ingredients

- 8 ounce cream cheese softened
- 9 inch graham cracker crust prepared
- 0.3 cup liquid malt extract orange-flavored
- 8 mandarin orange segments
- 14 ounce condensed milk sweetened canned
- 1 cup non-dairy whipped topping frozen thawed

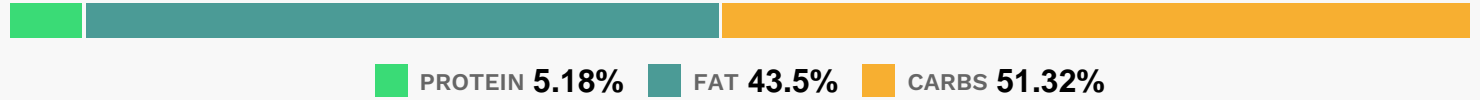
Equipment

- bowl
- hand mixer

Directions

- In a large bowl combine the orange drink mix, condensed milk, and cream cheese. Beat on high speed with an electric mixer until well combined.
- Pour mixture into the graham cracker crust and chill for 1 hour or until firm.
- Garnish with whipped topping and mandarin orange segments.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:21.14, Inflammation Score:-8, Nutrition Score:27.063043394814%

Flavonoids

Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg

Nutrients (% of daily need)

Calories: 1301kcal (65.05%), Fat: 63.37g (97.49%), Saturated Fat: 19.29g (120.58%), Carbohydrates: 168.23g (56.08%), Net Carbohydrates: 163g (59.27%), Sugar: 76.07g (84.52%), Cholesterol: 46.63mg (15.54%), Sodium: 1077.14mg (46.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.97g (33.95%), Manganese: 2.51mg (125.55%), Vitamin B2: 0.75mg (44.41%), Phosphorus: 418.14mg (41.81%), Vitamin K: 43.1µg (41.04%), Folate: 148.48µg (37.12%), Vitamin B3: 6.83mg (34.17%), Vitamin B1: 0.48mg (31.71%), Vitamin C: 24.9mg (30.18%), Iron: 5.27mg (29.26%), Calcium: 274.72mg (27.47%), Vitamin E: 4.1mg (27.32%), Copper: 0.48mg (24.24%), Vitamin A: 1130.08IU (22.6%), Selenium: 15.71µg (22.44%), Fiber: 5.22g (20.89%), Zinc: 3.11mg (20.72%), Magnesium: 74.29mg (18.57%), Potassium: 622.75mg (17.79%), Vitamin B6: 0.27mg (13.65%), Vitamin B5: 1.09mg (10.89%), Vitamin B12: 0.33µg (5.51%)