

Peach Melba Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



407 kcal

DESSERT

Ingredients

- ☐ 1 large egg white
- ☐ 4 cups vanilla yogurt frozen low-fat
- ☐ 2 teaspoons juice of lemon
- ☐ 2 tablespoons butter melted
- ☐ 1.5 cups peaches peeled thinly sliced
- ☐ 8 servings raspberry sauce
- ☐ 3 tablespoons sugar
- ☐ 40 vanilla wafers reduced-calorie

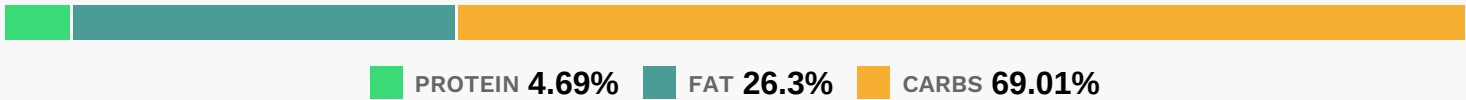
Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 35
- ☐ Place cookies in a food processor; process until crumbly.
- ☐ Add margarine and egg white, and pulse 5 times or just until moist. Press the crumb mixture evenly into a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 8 minutes, and cool on a wire rack 15 minutes. Freeze piecrust 30 minutes.
- ☐ Place an extra-large bowl in freezer.
- ☐ Remove yogurt from freezer, and let stand at room temperature while crust is cooling.
- ☐ Wipe out food processor bowl with a paper towel; add peaches, sugar, and lemon juice. Process until smooth. Spoon yogurt into chilled extra-large bowl. Fold in peach mixture until well-blended; freeze 30 minutes or just until set but not solid.
- ☐ Spoon yogurt mixture into prepared crust; freeze until set. Cover with plastic wrap; freeze 6 hours or until firm.
- ☐ Place the pie in refrigerator 30 minutes before serving to soften.
- ☐ Serve pie with Raspberry Sauce.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:20.7, Inflammation Score:-4, Nutrition Score:5.7321738976499%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 406.64kcal (20.33%), Fat: 12.21g (18.78%), Saturated Fat: 4.76g (29.78%), Carbohydrates: 72.09g (24.03%), Net Carbohydrates: 70.97g (25.81%), Sugar: 44.15g (49.05%), Cholesterol: 1.74mg (0.58%), Sodium: 234.88mg (10.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Vitamin B2: 0.27mg (15.81%), Phosphorus: 115.26mg (11.53%), Vitamin B1: 0.16mg (10.97%), Calcium: 107.85mg (10.79%), Vitamin C: 7.46mg (9.04%), Folate: 35.18µg (8.8%), Vitamin A: 378.88IU (7.58%), Potassium: 241.3mg (6.89%), Vitamin B3: 1.29mg (6.43%), Selenium: 4.14µg (5.91%), Vitamin B5: 0.54mg (5.39%), Manganese: 0.09mg (4.52%), Fiber: 1.12g (4.49%), Magnesium: 14.54mg (3.64%), Vitamin B12: 0.22µg (3.6%), Vitamin B6: 0.07mg (3.52%), Copper: 0.06mg (3.25%), Vitamin E: 0.44mg (2.92%), Zinc: 0.39mg (2.63%), Iron: 0.43mg (2.37%), Vitamin K: 1.35µg (1.28%)