



Peach Melba Ribbon Pie

 Dairy Free

READY IN



255 min.

SERVINGS



15

CALORIES



116 kcal

Ingredients

- 1 Tbsp juice of lemon
- 6 oz oreo pie crust
- 8.5 oz peaches divided drained sliced canned
- 10 oz raspberries frozen thawed
- 1 pkg jell-o raspberry flavor gelatin (4-serving size)
- 0.5 cup water boiling
- 2 cups cool whip whipped topping divided thawed

Equipment

- bowl

blender

Directions

- Puree raspberries and their liquid in electric blender container; set aside.
- Dissolve gelatin in boiling water in small bowl; stir in pureed raspberries and lemon juice. Refrigerate until mixture mounds when dropped from spoon.
- Reserve 6 peaches for garnish; chop remaining peaches. Fold chopped peaches into 1 cup prepared whipped topping.
- Spread peach mixture into prepared crust; carefully top with gelatin mixture. Refrigerate until firm, about 3 hours. Top with remaining whipped topping and reserved peaches.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:0.82, Inflammation Score:-1, Nutrition Score:2.4939130739025%

Flavonoids

Cyanidin: 8.96mg, Cyanidin: 8.96mg, Cyanidin: 8.96mg, Cyanidin: 8.96mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 116.35kcal (5.82%), Fat: 3.98g (6.12%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 17.43g (6.34%), Sugar: 12.7g (14.11%), Cholesterol: 0.2mg (0.07%), Sodium: 93.78mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Vitamin C: 6mg (7.27%), Manganese: 0.14mg (6.86%), Fiber: 1.68g (6.71%), Phosphorus: 40.13mg (4.01%), Folate: 13.54µg (3.39%), Vitamin B1: 0.05mg (3.01%), Iron: 0.53mg (2.97%), Vitamin B2: 0.05mg (2.69%), Vitamin B3: 0.53mg (2.66%), Magnesium: 9.68mg (2.42%),

Vitamin E: 0.33mg (2.22%), Vitamin K: 2.28µg (2.17%), Potassium: 73.61mg (2.1%), Copper: 0.04mg (1.93%),
Selenium: 1µg (1.42%), Vitamin A: 66.07IU (1.32%), Calcium: 12.93mg (1.29%)