



Peaches 'n Creme Pie

READY IN



210 min.

SERVINGS



30

CALORIES



67 kcal

Ingredients

- 0.3 cup butter melted
- 2 cups ice cubes
- 3 oz jell-o orange flavor gelatin
- 2 peaches fresh peeled chopped
- 1.5 cups vanilla wafers crushed finely
- 0.8 cup water boiling
- 1.5 cups cool whip whipped topping thawed

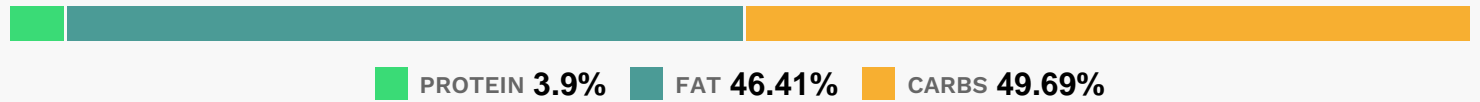
Equipment

- bowl

Directions

- Mix wafer crumbs and butter; press onto bottom and up side of 9-inch pie plate.
- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved.
- Add ice cubes; stir until gelatin is slightly thickened.
- Remove any unmelted ice.
- Add COOL WHIP; stir until blended. Gently stir in peaches.
- Refrigerate 15 min. or until gelatin mixture is thick enough to mound; spoon into crust.
Refrigerate 3 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:5.57, Glycemic Load:3.38, Inflammation Score:-1, Nutrition Score:0.6917391328708%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 66.9kcal (3.34%), Fat: 3.52g (5.42%), Saturated Fat: 2.04g (12.72%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 8.26g (3%), Sugar: 5.9g (6.56%), Cholesterol: 5.55mg (1.85%), Sodium: 56.62mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Vitamin A: 98.41IU (1.97%), Vitamin B1: 0.03mg (1.76%), Folate: 5.71µg (1.43%), Vitamin B2: 0.02mg (1.24%), Phosphorus: 11.89mg (1.19%), Vitamin B3: 0.23mg (1.14%)