



## Pineapple Lemon Cheese Pie

READY IN



80 min.

SERVINGS



8

CALORIES



1171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounce pineapple with juice reserved crushed drained canned
- 0.3 cup powdered sugar
- 8 ounce cream cheese
- 9 inch graham cracker crust prepared
- 3 ounce gelatin mix lemon flavored
- 0.5 cup water
- 2 cups non-dairy whipped topping frozen thawed

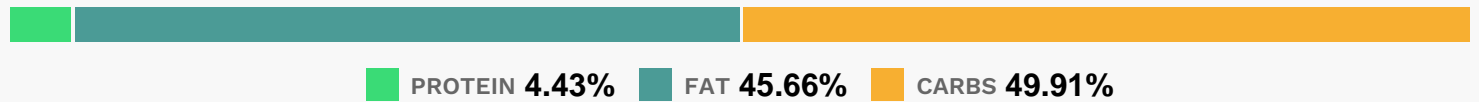
### Equipment

- bowl
- sauce pan

## Directions

- Combine pineapple juice and water until it makes one cup.
- Pour into medium saucepan and heat until boiling. Stir in gelatin until dissolved; set aside.
- In a large bowl, beat together cream cheese, sugar and pineapple until blended and creamy. Slowly add the gelatin mixture and continue beating. Cover and refrigerate mixture until it begins to set; do not let it set up completely.
- Remove from refrigerator and fold in whipped topping. Spoon entire mixture into graham cracker crust.
- Sprinkle graham cracker crumbs on top of pie if desired and then refrigerate for about an hour.

## Nutrition Facts



## Properties

Glycemic Index:3.38, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:20.532173887543%

## Nutrients (% of daily need)

Calories: 1171.49kcal (58.57%), Fat: 59.67g (91.8%), Saturated Fat: 17.41g (108.81%), Carbohydrates: 146.74g (48.91%), Net Carbohydrates: 142.74g (51.9%), Sugar: 56.96g (63.29%), Cholesterol: 29.01mg (9.67%), Sodium: 1053.94mg (45.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.07%), Manganese: 2.47mg (123.29%), Vitamin K: 43.09µg (41.03%), Folate: 129.16µg (32.29%), Vitamin B3: 6.28mg (31.42%), Vitamin B2: 0.5mg (29.44%), Phosphorus: 284.95mg (28.49%), Iron: 5.12mg (28.43%), Vitamin B1: 0.39mg (26.09%), Vitamin E: 3.88mg (25.88%), Copper: 0.48mg (23.95%), Zinc: 2.58mg (17.22%), Fiber: 4g (16.01%), Magnesium: 52.46mg (13.12%), Selenium: 8.71µg (12.44%), Calcium: 101.61mg (10.16%), Vitamin B6: 0.19mg (9.32%), Potassium: 308.44mg (8.81%), Vitamin A: 410.7IU (8.21%), Vitamin B5: 0.5mg (5.04%), Vitamin C: 2.66mg (3.23%), Vitamin B12: 0.1µg (1.66%)