



## Pineapple Pie II

READY IN



45 min.

SERVINGS



8

CALORIES



1227 kcal

### Ingredients

- 20 ounce pineapple crushed drained canned
- 9 inch graham cracker crust prepared
- 0.5 cup juice of lemon
- 14 ounce condensed milk sweetened canned
- 8 ounce non-dairy whipped topping frozen thawed

### Equipment

### Directions

Combine sweetened condensed milk and lemon juice. Stir well. Fold in pineapple and whipped topping. Spoon mix into crust. Chill before serving.

## Nutrition Facts



**PROTEIN 4.84%** **FAT 40.5%** **CARBS 54.66%**

### Properties

Glycemic Index:7.63, Glycemic Load:16.46, Inflammation Score:-6, Nutrition Score:24.115652154321%

### Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

### Nutrients (% of daily need)

Calories: 1226.8kcal (61.34%), Fat: 55.57g (85.5%), Saturated Fat: 15.5g (96.88%), Carbohydrates: 168.73g (56.24%), Net Carbohydrates: 164.13g (59.68%), Sugar: 78.79g (87.54%), Cholesterol: 17.43mg (5.81%), Sodium: 985.07mg (42.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.89%), Manganese: 2.47mg (123.31%), Vitamin K: 43.39µg (41.33%), Vitamin B2: 0.66mg (38.61%), Phosphorus: 376.44mg (37.64%), Folate: 137.21µg (34.3%), Vitamin B3: 6.51mg (32.53%), Vitamin B1: 0.48mg (31.88%), Iron: 5.31mg (29.48%), Copper: 0.51mg (25.75%), Vitamin E: 3.8mg (25.31%), Calcium: 228.74mg (22.87%), Zinc: 2.96mg (19.76%), Selenium: 13.29µg (18.99%), Fiber: 4.6g (18.4%), Magnesium: 70.42mg (17.6%), Vitamin C: 13.85mg (16.79%), Potassium: 532.4mg (15.21%), Vitamin B6: 0.24mg (11.82%), Vitamin B5: 0.73mg (7.32%), Vitamin B12: 0.28µg (4.58%), Vitamin A: 191.71IU (3.83%)