



Pink Lemonade Pie

 Dairy Free

READY IN



270 min.

SERVINGS



8

CALORIES



379 kcal

DESSERT

Ingredients

- ☐ 1.5 cups graham crackers crushed finely (20 squares)
- ☐ 0.3 cup butter melted
- ☐ 3 tablespoons sugar
- ☐ 4 cups whipped cream softened
- ☐ 0.5 can lemonade concentrate frozen thawed (12-oz size)
- ☐ 4 oz non-dairy whipped topping frozen thawed
- ☐ 1 serving food coloring red
- ☐ 1 serving lime zest

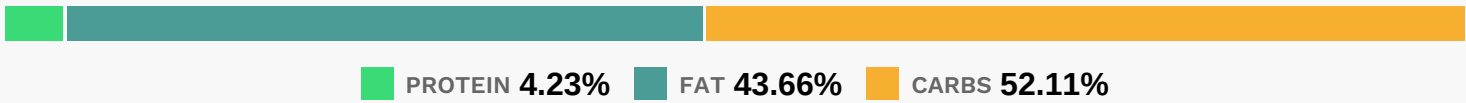
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 350°F. In medium bowl, mix all crust ingredients until well blended. Press in bottom and up side of 9-inch glass pie plate.
- ☐ Bake 8 to 10 minutes or until golden brown; cool.
- ☐ In large bowl, mix ice cream, lemonade concentrate, whipped topping and a few drops food color. Spoon and spread ice-cream mixture into cooled crust.
- ☐ Freeze until firm, about 4 hours.
- ☐ Let stand at room temperature a few minutes before cutting.
- ☐ Garnish with lemon peel.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:21.45, Inflammation Score:-4, Nutrition Score:4.8956521594006%

Flavonoids

Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 378.94kcal (18.95%), Fat: 18.62g (28.65%), Saturated Fat: 7.93g (49.58%), Carbohydrates: 50.02g (16.67%), Net Carbohydrates: 48.9g (17.78%), Sugar: 37.89g (42.1%), Cholesterol: 29.32mg (9.77%), Sodium: 265.37mg (11.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin B2: 0.22mg (12.71%), Vitamin A: 626.74IU (12.53%), Phosphorus: 117.99mg (11.8%), Calcium: 112.72mg (11.27%), Potassium: 199.43mg (5.7%), Magnesium: 22.4mg (5.6%), Zinc: 0.81mg (5.39%), Vitamin B1: 0.07mg (4.99%), Vitamin B12: 0.3µg (4.92%), Vitamin C: 4.04mg (4.89%), Fiber: 1.12g (4.49%), Iron: 0.8mg (4.43%), Vitamin B5: 0.42mg (4.23%), Vitamin E: 0.59mg (3.91%), Vitamin B3: 0.76mg (3.81%), Folate: 13.51µg (3.38%), Vitamin B6: 0.06mg (2.89%), Selenium: 1.67µg (2.38%), Copper: 0.03mg (1.28%)