



Quick and Easy Lemon Pie

READY IN



75 min.

SERVINGS



8

CALORIES



1337 kcal

Ingredients

- ☐ 8 ounce cream cheese
- ☐ 9 inch graham cracker crust prepared
- ☐ 4.3 ounce non-instant lemon pudding mix
- ☐ 3 tablespoons juice of lemon
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 8 ounce non-dairy whipped topping frozen thawed

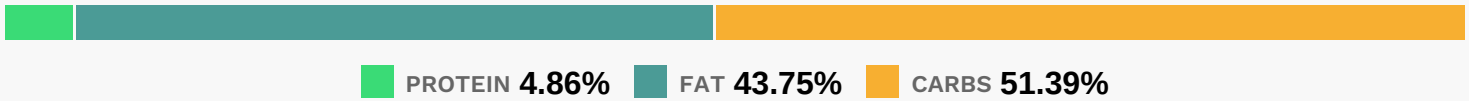
Equipment

- ☐ sauce pan

Directions

- ☐
- Cook pudding as directed on package. After pudding thickens, turn down heat to low. Stir in cream cheese, condensed milk and lemon juice. Stir frequently as mixture may stick to saucepan.
- ☐
- Pour mixture into graham cracker crust. Cover and refrigerate. When pie is ready, serve with whipped topping.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:16.89, Inflammation Score:-6, Nutrition Score:23.660869440307%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1336.69kcal (66.83%), Fat: 65.3g (100.46%), Saturated Fat: 21.22g (132.62%), Carbohydrates: 172.59g (57.53%), Net Carbohydrates: 168.93g (61.43%), Sugar: 69.5g (77.23%), Cholesterol: 46.07mg (15.36%), Sodium: 1150.38mg (50.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.61%), Manganese: 2.47mg (123.6%), Vitamin B2: 0.71mg (41.7%), Vitamin K: 43.49µg (41.42%), Phosphorus: 401.5mg (40.15%), Folate: 134.3µg (33.57%), Vitamin B3: 6.32mg (31.62%), Iron: 5.16mg (28.65%), Vitamin B1: 0.41mg (27.39%), Vitamin E: 4.01mg (26.74%), Calcium: 245.09mg (24.51%), Copper: 0.45mg (22.32%), Selenium: 15.61µg (22.3%), Zinc: 3.03mg (20.22%), Magnesium: 62.37mg (15.59%), Fiber: 3.67g (14.66%), Potassium: 472.78mg (13.51%), Vitamin A: 536.43IU (10.73%), Vitamin B6: 0.2mg (9.78%), Vitamin B5: 0.89mg (8.86%), Vitamin B12: 0.34µg (5.62%), Vitamin C: 3.47mg (4.2%)