



Rainbow Sherbet Pie

 Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



316 kcal

Ingredients

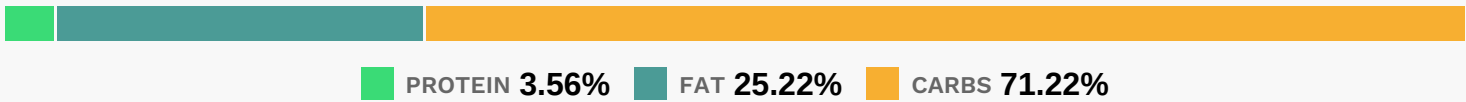
- ☐ 1 quart pineapple sherbet softened
- ☐ 6 ounces graham cracker crust
- ☐ 1 cup non-dairy whipped topping frozen thawed ()
- ☐ 1 cup fruit
- ☐ 1 serving orange zest

Equipment

Directions

- ☐
- Spread sherbet in pie crust. Cover and freeze 2 hours.
- ☐
- Spread whipped topping over sherbet.
- ☐
- Garnish with fruit and orange peel. Store covered in freezer.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:17.56, Inflammation Score:-2, Nutrition Score:5.3295652244402%

Nutrients (% of daily need)

Calories: 316.21kcal (15.81%), Fat: 8.9g (13.69%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 56.56g (18.85%), Net Carbohydrates: 53.99g (19.63%), Sugar: 38.14g (42.38%), Cholesterol: 1.37mg (0.46%), Sodium: 162.84mg (7.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Manganese: 0.29mg (14.73%), Vitamin B2: 0.18mg (10.41%), Fiber: 2.57g (10.3%), Phosphorus: 83mg (8.3%), Calcium: 80.6mg (8.06%), Vitamin C: 5.41mg (6.56%), Vitamin K: 6.3µg (6%), Zinc: 0.87mg (5.82%), Copper: 0.11mg (5.25%), Vitamin B1: 0.08mg (5.22%), Potassium: 176.6mg (5.05%), Folate: 19.88µg (4.97%), Iron: 0.83mg (4.62%), Vitamin B3: 0.9mg (4.49%), Magnesium: 16.82mg (4.21%), Selenium: 2.57µg (3.67%), Vitamin B5: 0.32mg (3.22%), Vitamin A: 157.33IU (3.15%), Vitamin E: 0.46mg (3.04%), Vitamin B12: 0.17µg (2.88%), Vitamin B6: 0.05mg (2.63%)