



Raspberry-Ice Cream Pie

 Dairy Free

READY IN



205 min.

SERVINGS



25

CALORIES



84 kcal

Ingredients

- 0.7 cup orange juice boiling
- 6 oz oreo pie crust
- 1.3 cups raspberries fresh divided
- 1 pkg jell-o raspberry flavor gelatin (4-serving size)
- 1 cup whipped cream
- 8 oz cool whip whipped topping divided thawed

Equipment

- bowl
- whisk

Directions

- Stir boiling juice into dry gelatin mix in large bowl at least 3 min. until completely dissolved.
- Add ice cream by spoonfuls, stirring with wire whisk after each addition until ice cream is completely melted.
- Add half of the whipped topping; stir until well blended. Gently stir in 1 cup of the raspberries. Refrigerate, if necessary, until mixture is thick enough to mound. Spoon into crust.
- Freeze 3 hours or until firm. Top with the remaining whipped topping and remaining 1/4 cup raspberries just before serving. Store leftover pie in freezer.

Nutrition Facts

 **PROTEIN 5.62%**  **FAT 35.37%**  **CARBS 59.01%**

Properties

Glycemic Index:5.56, Glycemic Load:1.17, Inflammation Score:-1, Nutrition Score:1.4439130299117%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 83.64kcal (4.18%), Fat: 3.32g (5.11%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 11.91g (4.33%), Sugar: 8.96g (9.95%), Cholesterol: 2.5mg (0.83%), Sodium: 61.22mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin C: 4.91mg (5.95%), Phosphorus: 29.3mg (2.93%), Vitamin B2: 0.04mg (2.34%), Fiber: 0.56g (2.25%), Folate: 8.64µg (2.16%), Vitamin B1: 0.03mg (2.11%), Manganese: 0.04mg (2.1%), Calcium: 15.53mg (1.55%), Iron: 0.27mg (1.51%), Potassium: 50.56mg (1.44%), Magnesium: 5.46mg (1.37%), Vitamin B3: 0.24mg (1.22%)