



Raspberry-Lemon Pie

READY IN



255 min.

SERVINGS



15

CALORIES



186 kcal

Ingredients

- 8 oz philadelphia cream cheese softened
- 6 oz ready-to-use graham cracker crumb crust
- 3.4 oz jell-o lemon flavor pudding instant
- 2 tsp lemon zest
- 1 cup milk cold
- 1 cup raspberries fresh
- 0.3 cup raspberry preserves
- 2 cups cool whip whipped topping divided thawed

Equipment

bowl

whisk

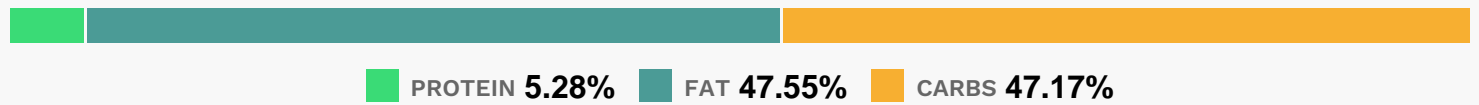
Directions

Beat first 4 ingredients in large bowl with whisk until blended. Stir in 1 cup COOL WHIP.

Spread preserves onto bottom of crust; cover with pudding mixture. Top with remaining COOL WHIP and raspberries.

Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:9.73, Glycemic Load:2.74, Inflammation Score:-2, Nutrition Score:3.2513043051181%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 186.28kcal (9.31%), Fat: 9.93g (15.27%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 21.29g (7.74%), Sugar: 13.97g (15.53%), Cholesterol: 17.42mg (5.81%), Sodium: 156.98mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Manganese: 0.2mg (10.23%), Vitamin B2: 0.1mg (5.81%), Phosphorus: 56.83mg (5.68%), Calcium: 48.87mg (4.89%), Vitamin A: 239.7IU (4.79%), Vitamin K: 3.78µg (3.6%), Vitamin C: 2.94mg (3.56%), Fiber: 0.86g (3.46%), Selenium: 2.33µg (3.33%), Vitamin E: 0.47mg (3.17%), Folate: 11.37µg (2.84%), Vitamin B1: 0.04mg (2.61%), Potassium: 85.43mg (2.44%), Vitamin B12: 0.14µg (2.35%), Iron: 0.41mg (2.29%), Vitamin B3: 0.46mg (2.28%), Zinc: 0.33mg (2.22%), Copper: 0.04mg (2.18%), Magnesium: 8.65mg (2.16%), Vitamin B5: 0.2mg (1.95%), Vitamin B6: 0.04mg (1.75%), Vitamin D: 0.18µg (1.19%)