



Raspberry-Lemonade Pie

READY IN



255 min.

SERVINGS



15

CALORIES



220 kcal

Ingredients

- 12 oz ready-to-use graham cracker crumb crusts
- 4 oz philadelphia cream cheese softened ()
- 3 oz jell-o lemon flavor gelatin
- 6 oz lemonade concentrate frozen thawed ()
- 1 cup raspberries fresh
- 1.5 cups water boiling
- 8 oz cool whip whipped topping thawed

Equipment

- bowl

blender

Directions

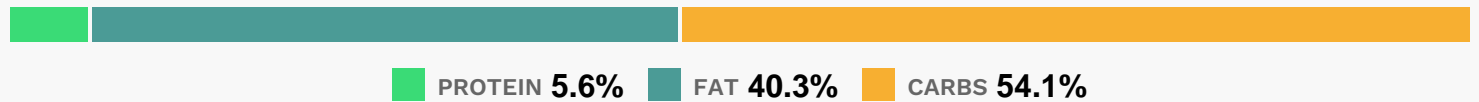
Add boiling water to gelatin mix in small bowl; stir 2 min. until completely dissolved. Beat cream cheese in large bowl with mixer until creamy. Gradually beat in lemonade concentrate, then gelatin until blended.

Add COOL WHIP and berries; stir gently until blended.

Pour into crusts.

Refrigerate 1 pie 4 hours or until firm. Freeze remaining pie up to 1 week before thawing to serve.

Nutrition Facts



Properties

Glycemic Index:3.53, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:4.3265217076177%

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: 219.9kcal (10.99%), Fat: 9.98g (15.35%), Saturated Fat: 4.48g (27.98%), Carbohydrates: 30.13g (10.04%), Net Carbohydrates: 29.06g (10.57%), Sugar: 15.98g (17.75%), Cholesterol: 7.94mg (2.65%), Sodium: 263.14mg (11.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin K: 12.63µg (12.03%), Phosphorus: 92.3mg (9.23%), Manganese: 0.18mg (8.95%), Vitamin B1: 0.11mg (7.33%), Vitamin E: 1.01mg (6.75%), Iron: 1.11mg (6.17%), Vitamin B3: 1.19mg (5.95%), Vitamin B2: 0.1mg (5.67%), Calcium: 56.67mg (5.67%), Folate: 20.11µg (5.03%), Vitamin C: 3.58mg (4.34%), Fiber: 1.08g (4.3%), Selenium: 2.5µg (3.57%), Copper: 0.05mg (2.51%), Vitamin A: 115.36IU (2.31%), Magnesium: 8.95mg (2.24%), Potassium: 72.88mg (2.08%), Vitamin B5: 0.17mg (1.67%), Zinc: 0.23mg (1.55%), Vitamin B6: 0.03mg (1.38%)