



## Raspberry Lemonade Pie

READY IN



15 min.

SERVINGS



16

CALORIES



220 kcal

### Ingredients

- 4 ounces cream cheese softened
- 3 ounce gelatin mix
- 12 ounce lemonade concentrate frozen thawed canned
- 12 ounce pie crust dough
- 1 cup raspberries fresh
- 1.5 cups water boiling
- 8 ounce non-dairy whipped topping thawed

### Equipment

- bowl

blender

## Directions

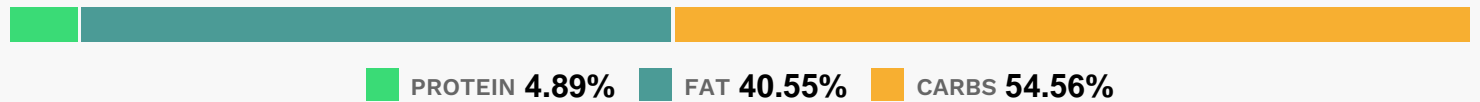
Add boiling water to gelatin mix in small bowl. Stir 2 min. until completely dissolved; set aside. Beat cream cheese in large bowl with mixer until creamy. Gradually beat in concentrate, then gelatin until blended.

Stir in COOL WHIP and berries.

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:3.31, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:2.8995652250622%

## Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg 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: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg 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: 219.55kcal (10.98%), Fat: 10.04g (15.44%), Saturated Fat: 4.77g (29.84%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 29.3g (10.66%), Sugar: 17.98g (19.98%), Cholesterol: 7.44mg (2.48%), Sodium: 146.87mg (6.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Manganese: 0.15mg (7.42%), Vitamin C: 4.75mg (5.76%), Folate: 19.17µg (4.79%), Vitamin B1: 0.07mg (4.65%), Phosphorus: 44.54mg (4.45%), Fiber: 1.08g (4.33%), Vitamin B2: 0.07mg (4.13%), Selenium: 2.62µg (3.74%), Iron: 0.65mg (3.63%), Vitamin B3: 0.66mg (3.32%), Vitamin K: 2.78µg (2.65%), Calcium: 25.17mg (2.52%), Vitamin A: 108.36IU (2.17%), Vitamin E: 0.31mg (2.09%), Magnesium: 8.29mg (2.07%), Potassium: 71.3mg (2.04%), Copper: 0.04mg (1.9%), Vitamin B5: 0.18mg (1.76%), Vitamin B6: 0.03mg (1.29%), Zinc: 0.19mg (1.25%)