

Sugartime Lemon Pie

READY IN



10 min.

SERVINGS



8

CALORIES



467 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 1.3 cups graham cracker crumbs (20 squares)
- 0.5 cup juice of lemon
- 1 teaspoon lemon zest grated
- 2 tablespoons sugar
- 28 ounces condensed milk sweetened canned
- 8 servings non-dairy whipped topping
- 2 drops food coloring yellow

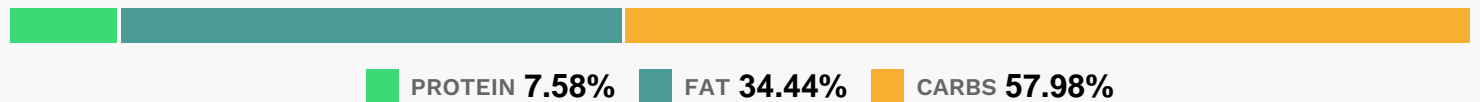
Equipment

- bowl
- whisk

Directions

- In a bowl, combine cracker crumbs, sugar and butter; press onto the bottom and up the sides of an ungreased 9-in. pie plate. Refrigerate for 30 minutes.
- For filling, in a bowl, whisk milk and lemon juice until smooth.
- Add lemon peel and food coloring if desired.
- Pour into crust. Refrigerate for 3-4 hours.
- Garnish with whipped topping if desired.

Nutrition Facts



Properties

Glycemic Index:31.89, Glycemic Load:42.09, Inflammation Score:-4, Nutrition Score:8.9199999842955%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 467.08kcal (23.35%), Fat: 18.25g (28.08%), Saturated Fat: 11.03g (68.93%), Carbohydrates: 69.13g (23.04%), Net Carbohydrates: 68.61g (24.95%), Sugar: 61.45g (68.28%), Cholesterol: 54.16mg (18.05%), Sodium: 276.76mg (12.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.04g (18.08%), Calcium: 298.91mg (29.89%), Phosphorus: 284.4mg (28.44%), Vitamin B2: 0.45mg (26.74%), Selenium: 14.92µg (21.32%), Potassium: 414.33mg (11.84%), Vitamin C: 8.8mg (10.67%), Vitamin A: 505.66IU (10.11%), Magnesium: 35mg (8.75%), Vitamin B1: 0.12mg (8.29%), Zinc: 1.21mg (8.06%), Vitamin B5: 0.78mg (7.75%), Vitamin B12: 0.46µg (7.69%), Folate: 20.45µg (5.11%), Iron: 0.75mg (4.18%), Vitamin B3: 0.73mg (3.64%), Vitamin B6: 0.07mg (3.62%), Vitamin E: 0.42mg (2.83%), Fiber: 0.52g (2.07%), Vitamin K: 1.4µg (1.33%), Vitamin D: 0.2µg (1.32%), Copper: 0.02mg (1.11%)