



## Summer Lemon-Berry Pie

 Dairy Free

READY IN



305 min.

SERVINGS



5

CALORIES



393 kcal

### Ingredients

- 0.5 cup blueberries fresh sliced
- 6 oz ready-to-use graham cracker crumb crust
- 5 servings country time lemonade flavor drink mix
- 2 cups strawberry sorbet softened
- 0.5 cup water
- 2 cups cool whip whipped topping thawed

### Equipment

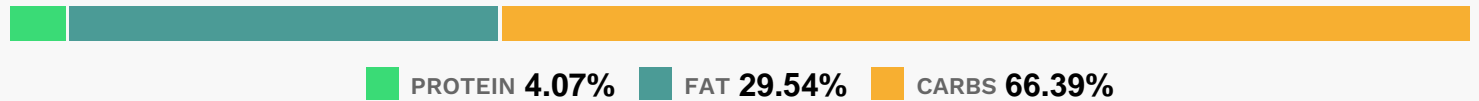
- bowl
- whisk

blender

## Directions

- Measure drink mix into cap to 1-qt. line; pour into large bowl.
- Add water; stir until mix is completely dissolved.
- Add sorbet; beat with mixer on low speed until well blended.
- Whisk in COOL WHIP. Freeze 45 min. or until thick enough to mound; spoon into crust.
- Freeze 4 hours or until firm.
- Remove from freezer 15 min. before serving; let stand at room temperature to soften slightly.
- Serve topped with berries.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.72, Inflammation Score:-3, Nutrition Score:5.7078260857126%

## Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 392.67kcal (19.63%), Fat: 12.93g (19.89%), Saturated Fat: 5.1g (31.84%), Carbohydrates: 65.36g (21.79%), Net Carbohydrates: 63.03g (22.92%), Sugar: 43.43g (48.25%), Cholesterol: 0.6mg (0.2%), Sodium: 236.32mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Manganese: 0.49mg (24.51%), Magnesium: 53.04mg (13.26%), Vitamin K: 11.23µg (10.7%), Vitamin C: 8.22mg (9.96%), Fiber: 2.33g (9.32%), Phosphorus: 64.46mg (6.45%), Folate: 24.92µg (6.23%), Vitamin B2: 0.11mg (6.21%), Vitamin B3: 1.21mg (6.05%),

Vitamin E: 0.89mg (5.92%), Iron: 0.99mg (5.49%), Vitamin B1: 0.08mg (5.11%), Copper: 0.1mg (4.94%), Calcium: 36.16mg (3.62%), Zinc: 0.5mg (3.32%), Potassium: 105.13mg (3%), Selenium: 1.72µg (2.46%), Vitamin B6: 0.04mg (2.2%)