



## Triple-Layer Lemon Meringue Pie

READY IN



195 min.

SERVINGS



15

CALORIES



187 kcal

### Ingredients

- 6 oz honey maid graham pie crust
- 2 pkg jell-o lemon flavor pudding instant (4-serving size each)
- 1 Tbsp juice of lemon
- 2.5 cups marshmallows jet-puffed miniature divided
- 2 cups milk cold
- 2 Tbsp milk cold
- 8 oz cool whip whipped topping divided thawed

### Equipment

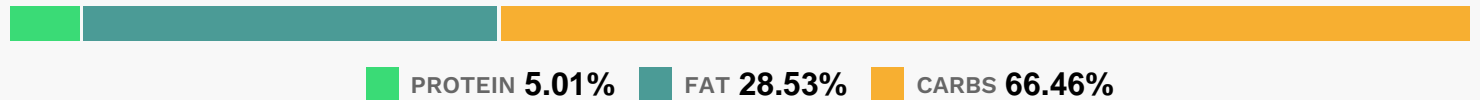
- bowl

- whisk
- microwave

## Directions

- Pour 2 cups milk into large bowl.
- Add dry pudding mixes and juice. Beat with wire whisk 2 min. or until well blended. (
- Mixture will be thick.)
- Spread 1-1/2 cups of the pudding onto bottom of crust; set aside.
- Add half of the whipped topping to remaining pudding; stir gently until well blended.
- Spread over pudding layer in crust.
- Place 2 cups of the marshmallows in large microwaveable bowl.
- Add 2 Tbsp. milk; stir. Microwave on HIGH 1-1/2 min. or until marshmallows are completely melted, stirring after 1 min. Stir until well blended. Refrigerate 15 min. or until cooled. Gently stir in whipped topping; spread over pudding mixture.
- Refrigerate 3 hours or until set. Top with the remaining 1/2 cup marshmallows just before serving. Store leftover pie in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:9.1, Glycemic Load:4.71, Inflammation Score:-1, Nutrition Score:2.6604347734348%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 186.63kcal (9.33%), Fat: 5.97g (9.18%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 31.28g (10.43%), Net Carbohydrates: 30.98g (11.27%), Sugar: 22.26g (24.74%), Cholesterol: 4.45mg (1.48%), Sodium: 165.38mg (7.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Manganese: 0.15mg (7.46%), Phosphorus: 60.34mg (6.03%), Calcium: 57.45mg (5.74%), Vitamin B2: 0.09mg (5.14%), Vitamin B12: 0.22µg (3.61%), Vitamin K: 3.06µg (2.91%), Vitamin B1: 0.04mg (2.9%), Vitamin D: 0.38µg (2.53%), Potassium: 83.89mg (2.4%), Selenium:

1.57µg (2.25%), Vitamin B3: 0.42mg (2.12%), Vitamin E: 0.3mg (2.03%), Folate: 8.11µg (2.03%), Zinc: 0.3mg (2.03%), Magnesium: 8.04mg (2.01%), Copper: 0.04mg (1.9%), Iron: 0.34mg (1.89%), Vitamin B6: 0.03mg (1.67%), Vitamin B5: 0.15mg (1.51%), Vitamin A: 67.31IU (1.35%), Fiber: 0.3g (1.21%)