



## Triple-Layer Lemon Pie

READY IN



255 min.

SERVINGS



15

CALORIES



159 kcal

### Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 6.8 oz jell-o lemon flavor pudding instant
- 1 Tbsp juice of lemon
- 2 cups milk cold
- 8 oz cool whip whipped topping divided thawed

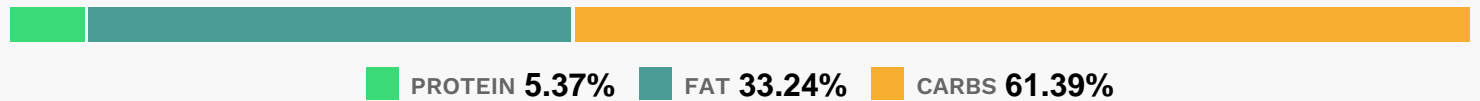
### Equipment

- bowl
- whisk

## Directions

- Beat pudding mixes, milk and juice in medium bowl with whisk 2 min. (Pudding will be thick.)
- Spread 1-1/2 cups onto bottom of crust.
- Whisk half the COOL WHIP into remaining pudding mixture; spread over pudding layer in crust. Top with remaining COOL WHIP.
- Refrigerate 4 hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:2.53, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:2.5517391108948%

## 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: 159.13kcal (7.96%), Fat: 5.89g (9.06%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 24.17g (8.79%), Sugar: 17.41g (19.34%), Cholesterol: 4.21mg (1.4%), Sodium: 158.28mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Manganese: 0.15mg (7.42%), Phosphorus: 57.65mg (5.77%), Calcium: 54.74mg (5.47%), Vitamin B2: 0.08mg (4.97%), Vitamin B12: 0.21µg (3.43%), Vitamin K: 3.05µg (2.91%), Vitamin B1: 0.04mg (2.82%), Vitamin D: 0.36µg (2.39%), Potassium: 80.49mg (2.3%), Vitamin B3: 0.42mg (2.08%), Vitamin E: 0.3mg (2.02%), Folate: 8.02µg (2.01%), Selenium: 1.39µg (1.99%), Zinc: 0.29mg (1.96%), Magnesium: 7.63mg (1.91%), Iron: 0.32mg (1.78%), Vitamin B6: 0.03mg (1.6%), Copper: 0.03mg (1.5%), Vitamin B5: 0.14mg (1.43%), Vitamin A: 64.07IU (1.28%), Fiber: 0.3g (1.18%)