



Watermelon Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1068 kcal

Ingredients

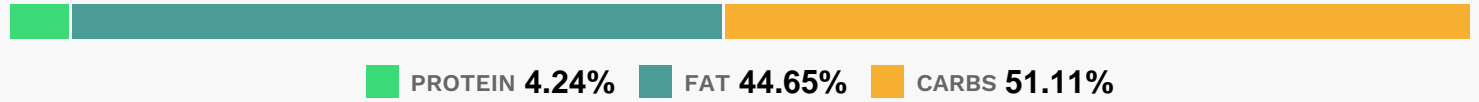
- 9 inch graham cracker crust prepared
- 0.3 cup water
- 2 cups watermelon
- 3 ounce watermelon flavored
- 12 ounce non-dairy whipped topping frozen thawed

Equipment

Directions

- Mix together the watermelon gelatin and water. Fold gelatin mixture into the dessert topping.
- Add cut watermelon.
- Pour mixture into graham cracker crust. Cool in refrigerator for about 3 hours.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:2.6, Inflammation Score:-6, Nutrition Score:19.815217386121%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg

Nutrients (% of daily need)

Calories: 1068.01kcal (53.4%), Fat: 53.07g (81.65%), Saturated Fat: 14.38g (89.85%), Carbohydrates: 136.68g (45.56%), Net Carbohydrates: 132.85g (48.31%), Sugar: 47.67g (52.96%), Cholesterol: 0.85mg (0.28%), Sodium: 932.26mg (40.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.65%), Manganese: 2.48mg (123.99%), Vitamin K: 43.1µg (41.05%), Folate: 127.05µg (31.76%), Vitamin B3: 6.29mg (31.44%), Iron: 5.13mg (28.51%), Vitamin B2: 0.46mg (26.81%), Phosphorus: 260.58mg (26.06%), Vitamin E: 3.78mg (25.17%), Vitamin B1: 0.38mg (25.1%), Copper: 0.45mg (22.62%), Zinc: 2.48mg (16.55%), Fiber: 3.83g (15.31%), Magnesium: 51.9mg (12.98%), Potassium: 313.53mg (8.96%), Calcium: 89.28mg (8.93%), Selenium: 6.19µg (8.84%), Vitamin B6: 0.18mg (8.79%), Vitamin A: 310.09IU (6.2%), Vitamin C: 3.94mg (4.77%), Vitamin B5: 0.45mg (4.48%), Vitamin B12: 0.09µg (1.42%)