



Zesty Lemon-Raspberry Swirl Pie

READY IN



350 min.

SERVINGS



8

CALORIES



209 kcal

Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 6 oz lemon yogurt low-fat
- 1 pkg jell-o lemon flavor gelatin (4-serving size)
- 0.5 cup miracle whip dressing
- 2 Tbsp raspberry preserves
- 0.8 cup water boiling
- 1 cup cool whip whipped topping thawed

Equipment

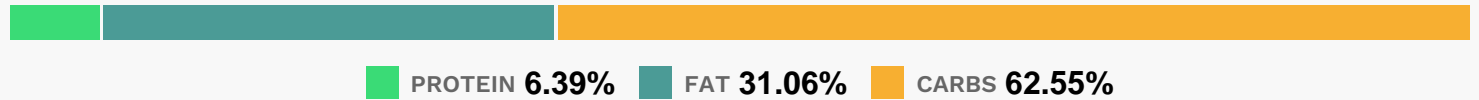
- bowl

- knife
- whisk

Directions

- Stir boiling water into dry gelatin at least 2 min. until completely dissolved. Refrigerate 1-1/2 hours or until slightly thickened.
- Beat yogurt and dressing in medium bowl with whisk until blended. Gradually add gelatin, beating until blended. Gently stir in COOL WHIP.
- Pour into crust.
- Drizzle with preserves; cut through COOL WHIP mixture with knife several times for marble effect. Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:1.86, Inflammation Score:-1, Nutrition Score:3.5334782470828%

Nutrients (% of daily need)

Calories: 208.69kcal (10.43%), Fat: 7.26g (11.18%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 32.15g (11.69%), Sugar: 20.77g (23.07%), Cholesterol: 2.9mg (0.97%), Sodium: 299.59mg (13.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Manganese: 0.28mg (13.88%), Phosphorus: 79.16mg (7.92%), Vitamin B2: 0.11mg (6.32%), Calcium: 54.67mg (5.47%), Vitamin K: 4.98µg (4.74%), Folate: 17.31µg (4.33%), Vitamin B3: 0.72mg (3.61%), Copper: 0.07mg (3.61%), Iron: 0.64mg (3.54%), Vitamin B1: 0.05mg (3.43%), Selenium: 2.29µg (3.27%), Zinc: 0.47mg (3.14%), Fiber: 0.76g (3.05%), Vitamin E: 0.45mg (3.02%), Potassium: 95.65mg (2.73%), Magnesium: 9.8mg (2.45%), Vitamin B12: 0.14µg (2.3%), Vitamin B5: 0.17mg (1.66%), Vitamin B6: 0.03mg (1.48%)