

# Frozen Orange-Vanilla Pie

Food Network Magazine - June 2014

## Servings: 8

*zest of two oranges*

*juice of two oranges*

*1 1/2 cups Greek yogurt*

*1 can (14 ounce) sweetened condensed milk*

*2 tablespoons lemon juice*

*1 teaspoon vanilla*

*pinch salt*

*1 nine-inch graham cracker crust*

Grate the zest of two oranges. Set aside.

Juice the oranges into a bowl. Add the yogurt, condensed milk, lemon juice, vanilla and salt. Whisk.

Remove 1/4 cup of the mixture to a small bowl. Stir in the orange zest. Set aside.

Pour the remaining filling into the pie crust.

Spoon the zest mixture over the top; then swirl with the back of the spoon.

Cover and freeze until set, about four hours.

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Per Serving (excluding unknown items): 125 Calories; 3g Fat (23.5% calories from fat); 3g Protein; 21g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 49mg Sodium. Exchanges: 0 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	125	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	23.5%	<b>Vitamin B12 (mcg):</b>	.2mcg
<b>% Calories from Carbohydrates:</b>	66.9%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	9.6%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	3g	<b>Folacin (mcg):</b>	5mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	2
<b>Cholesterol (mg):</b>	13mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	21g		

## Food Exchanges

**Dietary Fiber (g):** trace  
**Protein (g):** 3g  
**Sodium (mg):** 49mg  
**Potassium (mg):** 147mg  
**Calcium (mg):** 109mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 126IU  
**Vitamin A (r.e.):** 38RE

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 1 1/2

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

**Calories** 125 Calories from Fat: 29

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#### % Daily Values\*

<b>Total Fat</b>	3g	5%
Saturated Fat	2g	10%
<b>Cholesterol</b>	13mg	4%
<b>Sodium</b>	49mg	2%
<b>Total Carbohydrates</b>	21g	7%
Dietary Fiber	trace	0%
<b>Protein</b>	3g	

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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	5%
<b>Calcium</b>	11%
<b>Iron</b>	0%

\* Percent Daily Values are based on a 2000 calorie diet.