

Lemony Blueberry Layered Pie

LuckyLeaf.com

Servings: 8

1 nine-inch graham cracker pie crust
1 package (8 ounce) cream cheese,
softened
1 can (14 ounce) sweetened condensed
milk
1/4 cup powdered sugar
1 box (3.4 ounce) instant lemon
pudding mix
2 teaspoons fresh lemon zest
1/4 cup freshly squeezed lemon juice
1 can (21 ounce) blueberry fruit
filling

Preparation Time: 20 minutes

Chill: 1 hour

In a large bowl, combine the cream cheese, condensed milk and powdered sugar. Using an electric mixer, mix at medium speed for 1 to 2 minutes until smooth.

Add the pudding mix, lemon zest and lemon juice. Mix until well blended.

Spoon about half of the fruit filling evenly into the bottom of the pie crust. Spoon the lemon-filling mixture on top and spread evenly. Cover and chill for at least one hour.

Spoon the remaining fruit filling on top just before serving. Garnish with fresh lemon zest, if desired.

This recipe can be varied with other fruit fillings.

Per Serving (excluding unknown items): 239 Calories; 13g Fat (49.8% calories from fat); 5g Protein; 25g Carbohydrate; 0g Dietary Fiber; 45mg Cholesterol; 134mg Sodium. Exchanges: 1/2 Lean Meat; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	239	Vitamin B6 (mg):	trace
% Calories from Fat:	49.8%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	41.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	13g	Folacin (mcg):	8mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): trace
Cholesterol (mg): 45mg
Carbohydrate (g): 25g
Dietary Fiber (g): 0g
Protein (g): 5g
Sodium (mg): 134mg
Potassium (mg): 177mg
Calcium (mg): 132mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 539IU
Vitamin A (r.e.): 162 1/2RE

Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 239 **Calories from Fat:** 119

% Daily Values*

Total Fat 13g	21%
Saturated Fat 8g	42%
Cholesterol 45mg	15%
Sodium 134mg	6%
Total Carbohydrates 25g	8%
Dietary Fiber 0g	0%
Protein 5g	
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Vitamin A	11%
Vitamin C	2%
Calcium	13%
Iron	2%

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