

No-Bake Lemon Cream Pie

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Servings: 8

1 can (6 ounce) frozen lemonade, thawed

1 can (14 ounce) sweetened condensed milk

1 container (8 ounce) nondairy whipped topping, thawed

juice of one lemon

1 (nine-inch) pie crust, baked

3 tablespoons slivered almonds, toasted

Preparation Time: 10 minutes

In a large mixing bowl, combine the lemonade, sweetened condensed milk, whipped topping and lemon juice. Beat for 1 minute with an electric mixer set on medium.

Spoon into the pie crust.

Refrigerate for two hours.

Sprinkle with the almonds and serve.

Start to Finish Time: 2 hours 10 minutes

Per Serving (excluding unknown items): 243 Calories; 11g Fat (40.8% calories from fat); 5g Protein; 32g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 195mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	243
% Calories from Fat:	40.8%
% Calories from Carbohydrates:	51.0%
% Calories from Protein:	8.2%
Total Fat (g):	11g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	13mg
Carbohydrate (g):	32g
Dietary Fiber (g):	1g
Protein (g):	5g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	8mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0

Sodium (mg): 195mg
Potassium (mg): 180mg
Calcium (mg): 129mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 125IU
Vitamin A (r.e.): 38RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 1 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 243 Calories from Fat: 99

% Daily Values*

Total Fat	11g	17%
Saturated Fat	4g	19%
Cholesterol	13mg	4%
Sodium	195mg	8%
Total Carbohydrates	32g	11%
Dietary Fiber	1g	3%
Protein	5g	

Vitamin A	3%
Vitamin C	2%
Calcium	13%
Iron	3%

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