

Triple-Layer Lemon Pie

Holiday Desserts

Favorite Brand Name Recipes Vol. 8, No. 73

Servings: 8

2 packages (3.4 ounce ea) JELL-O

lemon flavor instant pudding

2 cups cold milk

1 tablespoon lemon juice

1 (6 ounce) graham cracker pie crust

1 tub (8 ounce) whipped topping,

thawed and divided

Preparation Time: 15 minutes

Beat the dry pudding mixes, milk and juice with a whisk for two minutes. (The pudding will be thick.) Spread 1-1/2 cups onto the bottom of the crust.

Whisk half of the whipped topping into the remaining pudding.

Spread the whipped topping mixture over the pudding layer in the crust. Top with the remaining cool whip.

Refrigerate for four hours or until firm.

Garnish with lemon zest just before serving.

Start to Finish Time: 4 hours 15 minutes

VARIATION: Omit the lemon juice. Prepare using pistachio or vanilla flavor instant pudding.

Per Serving (excluding unknown items): 30 Calories; 2g Fat (68.6% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	30
% Calories from Fat:	68.6%
% Calories from Carbohydrates:	29.9%
% Calories from Protein:	1.6%
Total Fat (g):	2g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	2mg
Potassium (mg):	4mg
Calcium (mg):	1mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	81IU
Vitamin A (r.e.):	8RE

Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	30	Calories from Fat: 21
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% Daily Values*

Total Fat	2g	4%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	0%
Protein	trace	
Vitamin A		2%
Vitamin C		1%
Calcium		0%
Iron		0%

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