

Two-Minute Lemonade Pie

Colleen Fitzgerald

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

1 nine-inch graham cracker crust OR
regular crust

1 container (8 ounce) frozen whipped
topping

1 can (14 ounce) sweetened condensed
milk

1 can (6 ounce) frozen lemonade
concentrate, thawed

lemon slices (for garnish)

In the large bowl of an electric mixer, mix the
whipped topping, milk and lemonade for two
minutes.

Pour into the pie shell.

Chill for several hours or overnight.

Garnish with lemon slices before serving, if
desired.

Per Serving (excluding unknown
items): 982 Calories; 27g Fat
(23.9% calories from fat); 24g
Protein; 166g Carbohydrate; 0g
Dietary Fiber; 104mg Cholesterol;
389mg Sodium. Exchanges: 5 1/2
Fat; 11 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	982
% Calories from Fat:	23.9%
% Calories from Carbohydrates:	66.4%
% Calories from Protein:	9.7%
Total Fat (g):	27g
Saturated Fat (g):	17g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	104mg
Carbohydrate (g):	166g
Dietary Fiber (g):	0g
Protein (g):	24g
Sodium (mg):	389mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	1.3mg
Folacin (mcg):	34mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Potassium (mg): 1136mg
Calcium (mg): 868mg
Iron (mg): 1mg
Zinc (mg): 3mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 1004IU
Vitamin A (r.e.): 303RE

Fruit: 0
Non-Fat Milk: 0
Fat: 5 1/2
Other Carbohydrates: 11

Nutrition Facts

Amount Per Serving

Calories 982 Calories from Fat: 235

% Daily Values*

Total Fat	27g	41%
Saturated Fat	17g	84%
Cholesterol	104mg	35%
Sodium	389mg	16%
Total Carbohydrates	166g	55%
Dietary Fiber	0g	0%
Protein	24g	
Vitamin A		20%
Vitamin C		13%
Calcium		87%
Iron		3%

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