



1970's French Strawberry Pie

READY IN



145 min.

SERVINGS



8

CALORIES



400 kcal

DESSERT

Ingredients

- 0.3 cup cornstarch
- 4 ounce cream cheese softened
- 1 cup heavy whipping cream
- 19-inch shortbread pie crust prepared
- 4 cup strawberries fresh
- 1 cup sugar white

Equipment

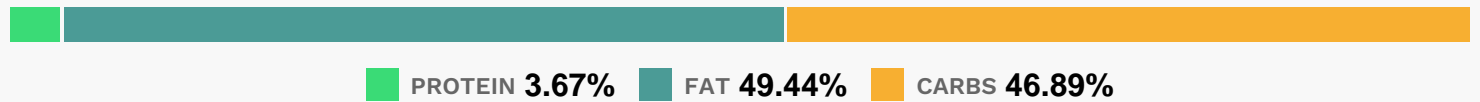
- bowl

sauce pan

Directions

- Beat cream cheese and 1 tablespoon heavy cream together in a bowl.
- Spread into bottom of pie crust. Arrange about 2 cups quartered strawberries onto cream cheese layer.
- Mix 2 cups mashed strawberries, 1 cup sugar, and cornstarch in a saucepan; cook over medium heat until slightly reduced and thickened, about 10 minutes. Cool completely.
- Pour cooled strawberry mixture over strawberry layer in pie crust. Chill in refrigerator until set, 2 hours.
- Beat 1 cup heavy cream, 2 tablespoons sugar, and vanilla extract in a bowl until light and fluffy, about 5 minutes.
- Spread over cooled pie.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:19.3, Inflammation Score:-6, Nutrition Score:7.8473912632984%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 399.54kcal (19.98%), Fat: 22.43g (34.51%), Saturated Fat: 11.76g (73.48%), Carbohydrates: 47.86g (15.95%), Net Carbohydrates: 45.76g (16.64%), Sugar: 29.87g (33.19%), Cholesterol: 47.93mg (15.98%), Sodium: 156.12mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin C: 42.51mg (51.53%), Manganese: 0.39mg (19.67%), Vitamin A: 636.58IU (12.73%), Folate: 37.25µg (9.31%), Vitamin B2: 0.15mg (8.92%), Fiber: 2.1g (8.4%), Phosphorus: 68.22mg (6.82%), Vitamin B1: 0.1mg (6.35%), Selenium: 4.09µg (5.84%), Iron: 1.02mg (5.68%), Potassium: 182mg (5.2%), Calcium: 49.98mg (5%), Vitamin B3: 0.98mg (4.92%), Vitamin E: 0.72mg (4.8%), Vitamin K: 4.66µg (4.44%), Magnesium: 16.59mg (4.15%), Vitamin B5: 0.35mg (3.48%), Vitamin B6: 0.06mg (3.23%), Vitamin D: 0.48µg (3.17%), Copper: 0.06mg (3.14%), Zinc: 0.36mg (2.4%), Vitamin B12: 0.08µg (1.31%)