



Aunt Barbara's Strawberry Pie

READY IN



155 min.

SERVINGS



10

CALORIES



188 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 1 tablespoon gelatin powder unflavored
- 1 cup graham cracker crumbs
- 1 cup heavy whipping cream
- 0.5 cup strawberries chopped
- 0.3 cup water cold
- 0.3 cup sugar white

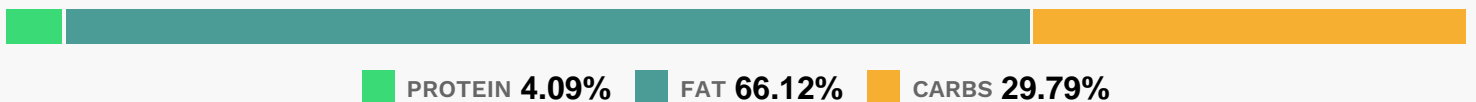
Equipment

- bowl
- oven
- mixing bowl
- double boiler
- pie form

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Combine graham cracker crumbs, 1/4 cup sugar, and melted butter in a mixing bowl; mix until evenly moistened and press into the bottom and sides of a 9-inch pie pan.
- Bake in the preheated oven until the crust is lightly browned and smells toasted, about 12 minutes.
- Remove from the oven and cool.
- Soak gelatin in cold water for 3 minutes.
- Heat the water and gelatin in the top of a double boiler set over simmering water, stirring frequently, until gelatin is completely dissolved.
- Beat whipping cream in a chilled glass or metal bowl until soft peaks form.
- Stir strawberries and 1/3 cup sugar together in a bowl.
- Pour gelatin mixture over strawberries. Gently fold in whipped cream until incorporated.
- Pour filling into baked pie shell and chill in the refrigerator until set, at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:23.41, Glycemic Load:9.34, Inflammation Score:-3, Nutrition Score:2.2930435123651%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg,

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 187.54kcal (9.38%), Fat: 14.08g (21.66%), Saturated Fat: 8.52g (53.27%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 13.84g (5.03%), Sugar: 9.64g (10.71%), Cholesterol: 39.1mg (13.03%), Sodium: 100.08mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin A: 492.54IU (9.85%), Vitamin C: 4.38mg (5.3%), Vitamin B2: 0.07mg (4.19%), Phosphorus: 34.13mg (3.41%), Calcium: 25.49mg (2.55%), Vitamin D: 0.38µg (2.54%), Vitamin E: 0.37mg (2.48%), Iron: 0.41mg (2.29%), Magnesium: 7.88mg (1.97%), Vitamin B3: 0.36mg (1.82%), Vitamin B1: 0.03mg (1.74%), Folate: 6.92µg (1.73%), Fiber: 0.43g (1.72%), Selenium: 1.12µg (1.59%), Zinc: 0.24mg (1.58%), Manganese: 0.03mg (1.45%), Potassium: 50.1mg (1.43%), Copper: 0.03mg (1.26%), Vitamin K: 1.32µg (1.25%), Vitamin B6: 0.02mg (1.02%)