



## Berry Special Pie

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



153 kcal

DESSERT

### Ingredients

- 18-inch chocolate pie crust (es)
- 2 cups raspberries fresh
- 0.5 cup semi chocolate chips
- 1.5 teaspoons shortening
- 8 ounces non-dairy whipped topping frozen thawed

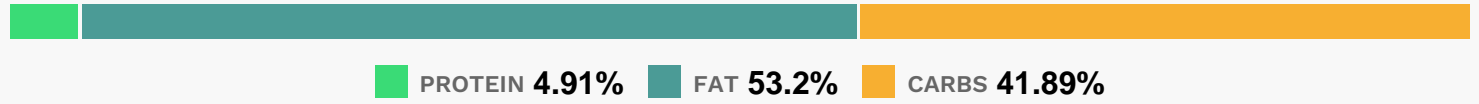
### Equipment

- microwave

# Directions

- In a microwave, melt chocolate chips and shortening; stir until smooth.
- Spread over the bottom of pie crust. Top with raspberries and whipped topping. Refrigerate until serving.

# Nutrition Facts



# Properties

Glycemic Index:3.25, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:4.250434777011%

# Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

# Nutrients (% of daily need)

Calories: 153.02kcal (7.65%), Fat: 9.17g (14.11%), Saturated Fat: 5.93g (37.03%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 13.39g (4.87%), Sugar: 12.18g (13.54%), Cholesterol: 1.24mg (0.41%), Sodium: 22.51mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 1.91g (3.81%), Manganese: 0.35mg (17.5%), Fiber: 2.85g (11.41%), Vitamin C: 7.86mg (9.53%), Copper: 0.17mg (8.51%), Magnesium: 28.42mg (7.11%), Phosphorus: 59.1mg (5.91%), Iron: 0.95mg (5.28%), Vitamin K: 4.55µg (4.33%), Potassium: 137.87mg (3.94%), Vitamin E: 0.53mg (3.51%), Calcium: 34.61mg (3.46%), Zinc: 0.45mg (3.02%), Vitamin B2: 0.04mg (2.51%), Selenium: 1.69µg (2.41%), Folate: 7.24µg (1.81%), Vitamin B3: 0.31mg (1.53%), Vitamin B5: 0.14mg (1.39%), Vitamin B6: 0.03mg (1.3%), Vitamin B1: 0.02mg (1.29%), Vitamin B12: 0.08µg (1.28%)