



Berry Valentine Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1250 kcal

Ingredients

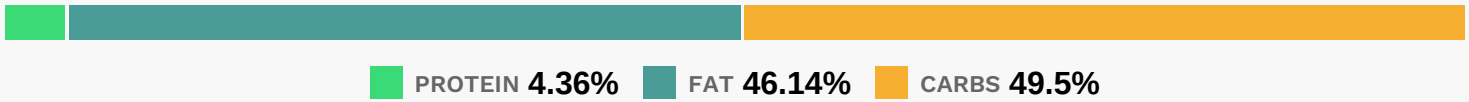
- ☐ 15 ounce blueberries canned
- ☐ 9 inch graham cracker crust prepared
- ☐ 2 graham crackers crushed
- ☐ 16 ounce strawberries frozen thawed drained
- ☐ 16.5 ounce cherries dark sweet pitted canned
- ☐ 21 ounce whipped cream canned

Equipment

Directions

- ☐ On bottom of pie crust, spread strawberries evenly; cover with whipped cream.
- ☐ Spread cherries on whipped cream and cover cherries with whipped cream layer.
- ☐ Spread blueberries on top of whipped cream and cover with last layer of whipped cream.
- ☐ Sprinkle crumbled crackers on top of pie and place in the refrigerator for 45 minutes; serve.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:12.65, Inflammation Score:-8, Nutrition Score:26.244782447815%

Flavonoids

Cyanidin: 23.11mg, Cyanidin: 23.11mg, Cyanidin: 23.11mg, Cyanidin: 23.11mg Petunidin: 16.82mg, Petunidin: 16.82mg, Petunidin: 16.82mg Delphinidin: 19.01mg, Delphinidin: 19.01mg, Delphinidin: 19.01mg, Delphinidin: 19.01mg Malvidin: 35.93mg, Malvidin: 35.93mg, Malvidin: 35.93mg, Malvidin: 35.93mg Pelargonidin: 14.25mg, Pelargonidin: 14.25mg, Pelargonidin: 14.25mg, Pelargonidin: 14.25mg Peonidin: 11.69mg, Peonidin: 11.69mg, Peonidin: 11.69mg, Peonidin: 11.69mg Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 3.49mg, Epicatechin: 3.49mg, Epicatechin: 3.49mg, Epicatechin: 3.49mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 1249.53kcal (62.48%), Fat: 64.78g (99.66%), Saturated Fat: 19.96g (124.72%), Carbohydrates: 156.35g (52.12%), Net Carbohydrates: 148.96g (54.17%), Sugar: 56.93g (63.25%), Cholesterol: 56.56mg (18.85%), Sodium: 930.9mg (40.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.77g (27.55%), Manganese: 2.9mg (145.03%), Vitamin K: 55.84µg (53.18%), Vitamin C: 42.59mg (51.62%), Folate: 147.29µg (36.82%), Vitamin B3: 6.87mg (34.37%), Phosphorus: 329.33mg (32.93%), Iron: 5.75mg (31.92%), Vitamin B2: 0.52mg (30.45%), Vitamin E: 4.52mg (30.15%), Fiber: 7.39g (29.56%), Vitamin B1: 0.44mg (29.1%), Copper: 0.53mg (26.38%), Zinc: 2.94mg

(19.59%), Magnesium: 71.23mg (17.81%), Potassium: 589.19mg (16.83%), Calcium: 153.25mg (15.33%), Vitamin B6: 0.26mg (13.12%), Vitamin A: 584.6IU (11.69%), Selenium: 6.29µg (8.99%), Vitamin B5: 0.82mg (8.21%), Vitamin B12: 0.22µg (3.6%), Vitamin D: 0.3µg (1.98%)