



WHATSheATE



Big Guy Strawberry Pie



Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



290 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons confectioners' sugar
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup butter
- ☐ 0.3 teaspoon food coloring red
- ☐ 0.3 teaspoon salt
- ☐ 1 quart strawberries fresh hulled
- ☐ 1 teaspoon vanilla extract

- ☐ 1 cup water
- ☐ 0.8 cup sugar white

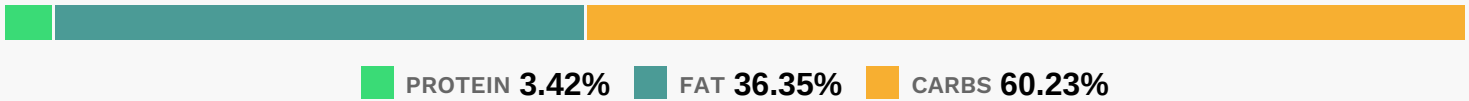
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pie form

Directions

- ☐ In a saucepan, combine water, white sugar, salt, cornstarch and food coloring. Bring to a boil, and cook for about 5 minutes or until thickened. Set aside to cool. Preheat oven to 350 degrees F (175 degrees C.)
- ☐ In a large bowl, combine flour, margarine, confectioners' sugar and vanilla.
- ☐ Mix well and press into a 9 inch pie pan. Prick all over and bake in preheated oven for 8 to 10 minutes, or until lightly browned.
- ☐ When crust is cool, place berries in the shell, and pour the thickened mixture over the top. Chill in refrigerator.

Nutrition Facts



Properties

Glycemic Index:23.14, Glycemic Load:24.4, Inflammation Score:-7, Nutrition Score:9.8152173543754%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg

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Nutrients (% of daily need)

Calories: 289.65kcal (14.48%), Fat: 11.99g (18.45%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 41.89g (15.23%), Sugar: 27.54g (30.6%), Cholesterol: 0mg (0%), Sodium: 209.91mg (9.13%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 2.54g (5.08%), Vitamin C: 69.59mg (84.35%), Manganese: 0.57mg (28.32%), Folate: 57.13µg (14.28%), Fiber: 2.81g (11.22%), Vitamin A: 521.68IU (10.43%), Vitamin B1: 0.15mg (10.17%), Selenium: 5.96µg (8.51%), Vitamin B3: 1.38mg (6.92%), Iron: 1.23mg (6.84%), Vitamin B2: 0.11mg (6.65%), Potassium: 204.92mg (5.85%), Vitamin E: 0.79mg (5.28%), Magnesium: 19.66mg (4.91%), Phosphorus: 48.82mg (4.88%), Copper: 0.09mg (4.35%), Vitamin B6: 0.06mg (3.19%), Calcium: 26.77mg (2.68%), Vitamin K: 2.65µg (2.52%), Vitamin B5: 0.23mg (2.28%), Zinc: 0.28mg (1.88%)