

# Cheese Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2.5 tablespoons butter melted
- 0.5 teaspoon cornstarch
- 2 large egg whites
- 2 large egg yolk
- 2 large eggs
- 1.5 cups nonfat cottage cheese fat-free
- 0.3 cup vanilla yogurt fat-free
- 2 tablespoons flour all-purpose

- 1.3 cups graham cracker crumbs low-fat ( 8 cookie sheets)
- 0.1 teaspoon salt
- 2 cups strawberries chopped
- 0.3 cup sugar
- 0.5 cup sugar
- 2 tablespoons sugar
- 3 tablespoons sugar
- 1 teaspoon vanilla extract

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- blender

## Directions

- Preheat oven to 32
- To prepare crust, combine first 3 ingredients; toss with a fork until moist. Press into bottom and up sides of a 10-inch pie plate coated with cooking spray; chill.
- To prepare filling, combine 1/2 cup sugar and next 8 ingredients (1/2 cup sugar through egg yolks) in a blender, and process until smooth.
- Place cheese mixture in a large bowl.
- Place egg whites in a second large bowl; beat until soft peaks form.
- Add 2 tablespoons sugar, beating until stiff peaks form. Gently fold egg white mixture into cheese mixture; pour into prepared crust.
- Bake at 325 for 45 minutes or until center barely moves when pan is touched. Cool to room temperature. Cover and chill at least 4 hours.
- To prepare sauce, combine strawberries, 3 tablespoons sugar, and cornstarch in a saucepan; bring to a boil. Cook 1 minute, stirring constantly. Cool slightly.

Place strawberry mixture in a blender; process until smooth. Strain.

Serve with pie

## Nutrition Facts

**PROTEIN 12.96%** **FAT 23.79%** **CARBS 63.25%**

### Properties

Glycemic Index:51.94, Glycemic Load:21.8, Inflammation Score:-2, Nutrition Score:6.0226087129634%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 225.58kcal (11.28%), Fat: 6.03g (9.28%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 36.08g (12.03%), Net Carbohydrates: 35.11g (12.77%), Sugar: 26.73g (29.7%), Cholesterol: 83.94mg (27.98%), Sodium: 277.79mg (12.08%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Protein: 7.39g (14.79%), Vitamin C: 16.98mg (20.58%), Selenium: 10.64µg (15.19%), Phosphorus: 136.37mg (13.64%), Vitamin B2: 0.22mg (13.22%), Folate: 28.12µg (7.03%), Manganese: 0.14mg (6.91%), Calcium: 63.15mg (6.32%), Vitamin B12: 0.35µg (5.87%), Iron: 0.96mg (5.34%), Vitamin B5: 0.47mg (4.65%), Zinc: 0.67mg (4.49%), Potassium: 152.7mg (4.36%), Magnesium: 17.13mg (4.28%), Vitamin B1: 0.06mg (4.22%), Vitamin A: 197.4IU (3.95%), Fiber: 0.97g (3.9%), Vitamin B3: 0.67mg (3.35%), Vitamin B6: 0.06mg (3.1%), Vitamin D: 0.38µg (2.56%), Vitamin E: 0.37mg (2.44%), Copper: 0.04mg (2.16%)