



Chocolate Chip-Cherry Pie

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 0.5 cup cherry preserves black melted
- ☐ 40 chocolate wafers reduced-calorie
- ☐ 1 large egg white
- ☐ 4 cups vanilla yogurt frozen low-fat
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup semisweet chocolate minichips
- ☐ 2 tablespoons sugar
- ☐ 1 cup cherries sweet pitted chopped

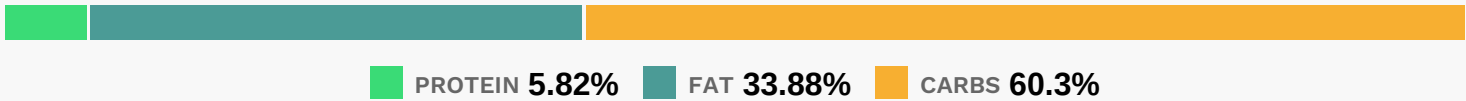
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 35
- ☐ Place cookies in a food processor; process until crumbly.
- ☐ Add sugar, margarine, and egg white; pulse 5 times or just until moist. Press crumb mixture evenly into a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 8 minutes; cool on a wire rack 15 minutes. Freeze piecrust 30 minutes.
- ☐ Place an extra-large bowl in freezer.
- ☐ Remove yogurt from freezer; let stand at room temperature while crust is cooling.
- ☐ Spoon yogurt into chilled bowl. Stir cherries and minichips into yogurt; freeze 30 minutes or just until set but not solid.
- ☐ Spread preserves over bottom of prepared crust. Spoon yogurt mixture evenly over preserves; freeze until set. Cover with plastic wrap; freeze 6 hours or until firm.
- ☐ Place pie in refrigerator 30 minutes before serving to soften.

Nutrition Facts



Properties

Glycemic Index:21.84, Glycemic Load:18.52, Inflammation Score:-4, Nutrition Score:7.9421739137691%

Flavonoids

Cyanidin: 4.63mg, Cyanidin: 4.63mg, Cyanidin: 4.63mg, Cyanidin: 4.63mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg,

Peonidin: 0.23mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 390.04kcal (19.5%), Fat: 14.97g (23.03%), Saturated Fat: 6.74g (42.14%), Carbohydrates: 59.94g (19.98%), Net Carbohydrates: 57.46g (20.89%), Sugar: 43.97g (48.86%), Cholesterol: 2.6mg (0.87%), Sodium: 253.16mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.97mg (4.66%), Protein: 5.78g (11.57%), Manganese: 0.39mg (19.31%), Copper: 0.34mg (17.11%), Phosphorus: 160.01mg (16%), Vitamin B2: 0.26mg (15.17%), Iron: 2.24mg (12.47%), Magnesium: 49.17mg (12.29%), Calcium: 114.92mg (11.49%), Fiber: 2.49g (9.95%), Potassium: 321.49mg (9.19%), Selenium: 5.86µg (8.38%), Zinc: 0.93mg (6.21%), Vitamin B1: 0.09mg (5.98%), Vitamin B5: 0.6mg (5.98%), Vitamin B3: 1.09mg (5.46%), Vitamin A: 266.55IU (5.33%), Folate: 19.24µg (4.81%), Vitamin B6: 0.08mg (4.05%), Vitamin B12: 0.24µg (3.99%), Vitamin C: 3.25mg (3.94%), Vitamin E: 0.47mg (3.13%), Vitamin K: 2.1µg (2%)