



COOL 'N EASY Strawberry Pie

 Dairy Free

READY IN



405 min.

SERVINGS



8

CALORIES



222 kcal

Ingredients

- 6 oz ready-to-use graham cracker crumb crust reduced-fat
- 8 servings ice cubes
- 2 cups strawberries fresh divided
- 3 oz jell-o strawberry flavor gelatin
- 0.5 cup water cold
- 0.7 cup water boiling
- 8 oz cool whip lite whipped topping thawed

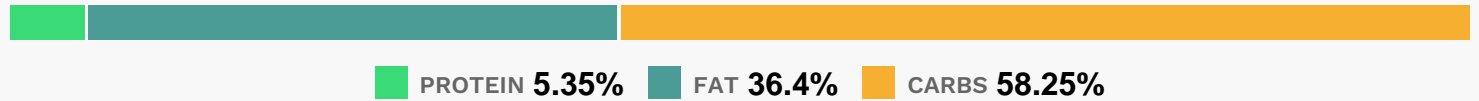
Equipment

- whisk

Directions

- Slice 1 cup strawberries; refrigerate for later use. Chop remaining strawberries; set aside.
- Add boiling water to gelatin mix; stir 2 min. until completely dissolved.
- Add enough ice to cold water to measure 1 cup.
- Add to gelatin; stir until slightly thickened.
- Remove any unmelted ice.
- Whisk in COOL WHIP. Stir in chopped strawberries. Refrigerate 20 to 30 min. or until mixture is very thick and will mound. Spoon into crust.
- Refrigerate 6 hours or until firm. Top with sliced berries just before serving.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:4.9973913275677%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 222.05kcal (11.1%), Fat: 9.09g (13.99%), Saturated Fat: 4.27g (26.7%), Carbohydrates: 32.75g (10.92%), Net Carbohydrates: 31.62g (11.5%), Sugar: 21.45g (23.83%), Cholesterol: 0.57mg (0.19%), Sodium: 174.98mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Vitamin C: 21.17mg (25.66%), Manganese: 0.41mg

(20.69%), Phosphorus: 69.49mg (6.95%), Vitamin K: 6.33µg (6.03%), Folate: 23.63µg (5.91%), Vitamin B2: 0.08mg (4.89%), Copper: 0.09mg (4.73%), Fiber: 1.12g (4.5%), Vitamin E: 0.64mg (4.26%), Vitamin B3: 0.85mg (4.26%), Iron: 0.74mg (4.13%), Vitamin B1: 0.05mg (3.58%), Calcium: 35.09mg (3.51%), Magnesium: 12.67mg (3.17%), Potassium: 108.48mg (3.1%), Selenium: 2.09µg (2.98%), Zinc: 0.35mg (2.36%), Vitamin B6: 0.04mg (1.94%)