



Creamy Strawberry-Mint Pie

READY IN



30 min.

SERVINGS



10

CALORIES



375 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 tablespoons powdered sugar
- ☐ 16 oz strawberries fresh hulled
- ☐ 1 slices garnishes: strawberry edible flowers fresh
- ☐ 1 qt strawberry yogurt fat-free frozen low-fat
- ☐ 18 oz cream-filled chocolate sandwich cookies reduced-fat (22 cookies)

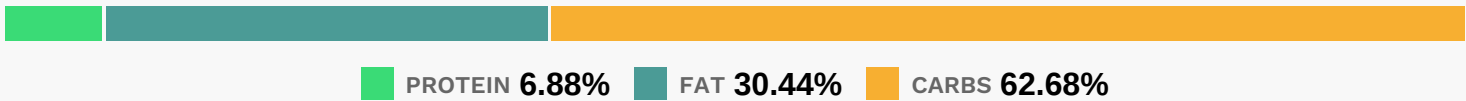
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ springform pan

Directions

- ☐ Preheat oven to 35
- ☐ Process cookies and butter in a food processor until finely chopped. Firmly press mixture on bottom and up sides of a lightly greased 9-inch springform pan.
- ☐ Bake 10 minutes. Cool completely on a wire rack (about 30 minutes).
- ☐ Let frozen yogurt stand at room temperature 20 minutes or until slightly softened.
- ☐ Process strawberries, powdered sugar, and mint in food processor until strawberries are pureed, stopping to scrape down sides as needed.
- ☐ Place frozen yogurt in a large bowl; cut into large (3-inch) pieces. Fold strawberry mixture into yogurt until smooth. Spoon mixture into prepared crust. Freeze 3 hours or until firm.
- ☐ Let stand at room temperature 15 minutes before serving.
- ☐ Garnish, if desired.
- ☐ Note: We tested with Publix Low Fat Strawberry Frozen Yogurt and Reduced Fat Oreo cookies.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:1.03, Inflammation Score:-4, Nutrition Score:10.894782553548%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 11.27mg, Pelargonidin: 11.27mg, Pelargonidin: 11.27mg, Pelargonidin: 11.27mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg

0.35mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 374.83kcal (18.74%), Fat: 13.01g (20.02%), Saturated Fat: 4.8g (30.03%), Carbohydrates: 60.3g (20.1%), Net Carbohydrates: 57.55g (20.93%), Sugar: 40.83g (45.37%), Cholesterol: 14.54mg (4.85%), Sodium: 268.85mg (11.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Iron: 6.54mg (36.31%), Vitamin C: 27.02mg (32.75%), Manganese: 0.53mg (26.64%), Vitamin B2: 0.31mg (17.99%), Vitamin K: 15.18µg (14.45%), Phosphorus: 133.61mg (13.36%), Calcium: 123.34mg (12.33%), Fiber: 2.75g (11%), Folate: 43.3µg (10.82%), Potassium: 362.88mg (10.37%), Copper: 0.2mg (9.78%), Vitamin E: 1.46mg (9.71%), Vitamin B12: 0.5µg (8.28%), Magnesium: 30.76mg (7.69%), Vitamin B3: 1.52mg (7.6%), Vitamin B1: 0.11mg (7.49%), Selenium: 2.87µg (4.1%), Zinc: 0.45mg (3.03%), Vitamin A: 150.2IU (3%), Vitamin B5: 0.22mg (2.16%), Vitamin B6: 0.03mg (1.72%)