



DanDan's Strawberry Cream Pie

READY IN

ready

200 min.

SERVINGS

servings

8

CALORIES

calories

1199 kcal

DESSERT

Ingredients

- ☐ 0.3 cup confectioners' sugar
- ☐ 8 ounce cream cheese softened
- ☐ 9 inch graham cracker crust prepared
- ☐ 1 cup heavy whipping cream
- ☐ 0.3 cup strawberries fresh sliced
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

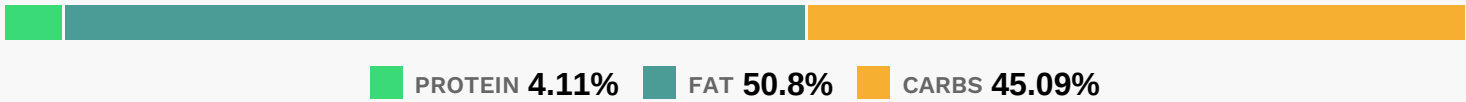
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix cream cheese, white sugar, and vanilla extract in a large bowl until smooth. Stir 3/4 cup mashed strawberries into cream cheese mixture.
- ☐ Beat heavy cream and confectioners' sugar in a glass or metal bowl until stiff peaks form. Lift your beater or whisk straight up: the cream will form sharp peaks. Fold whipped cream into cream cheese mixture until evenly mixed; fold in remaining 1/4 cup sliced strawberries.
- ☐ Spoon strawberry mixture into graham cracker crust. Chill at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:4.89, Inflammation Score:-7, Nutrition Score:20.835652190706%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.12mg, Pelargonidin: 1.12mg, Pelargonidin: 1.12mg, Pelargonidin: 1.12mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1199.35kcal (59.97%), Fat: 67.96g (104.55%), Saturated Fat: 22.13g (138.33%), Carbohydrates: 135.73g (45.24%), Net Carbohydrates: 132g (48%), Sugar: 46.71g (51.9%), Cholesterol: 62.25mg (20.75%), Sodium: 998.04mg (43.39%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 12.37g (24.74%), Manganese: 2.48mg (124.16%), Vitamin K: 43.34µg (41.28%), Folate: 129.13µg (32.28%), Vitamin B2: 0.53mg (31.27%), Vitamin B3: 6.22mg (31.11%), Iron: 5.06mg (28.1%), Phosphorus: 272.45mg (27.24%), Vitamin E: 4.07mg (27.12%), Vitamin B1: 0.37mg (24.37%), Copper: 0.44mg (21.9%), Zinc: 2.61mg (17.41%), Vitamin A: 820.51IU (16.41%), Fiber: 3.72g (14.9%), Magnesium: 49.24mg (12.31%), Selenium: 8.38µg (11.97%), Calcium: 103.44mg (10.34%), Vitamin B6: 0.17mg (8.69%), Potassium: 289.25mg (8.26%), Vitamin B5: 0.58mg (5.84%), Vitamin C: 2.82mg (3.42%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.11µg (1.83%)