



Decadent Strawberry Pie

READY IN



155 min.

SERVINGS



8

CALORIES



428 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple jelly
- ☐ 0.3 cup butter melted
- ☐ 8 oz cream cheese softened
- ☐ 1.5 cups graham crackers crushed finely (24 squares)
- ☐ 4 cups strawberries fresh halved
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 1 cup whipping cream

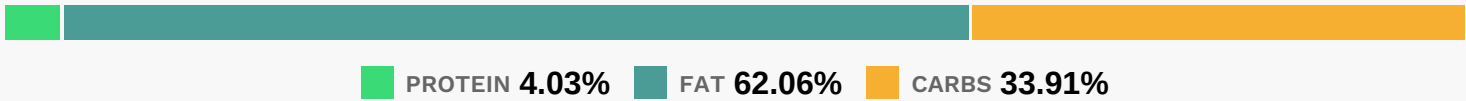
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. In large bowl, mix crackers, 1/3 cup melted butter and 3 tablespoons sugar. Press mixture firmly against bottom and side of 9-inch glass pie plate.
- ☐ Bake 10 minutes. Cool 10 minutes.
- ☐ In chilled small bowl, beat whipping cream with electric mixer on high speed until stiff peaks form. In large bowl, beat cream cheese, 1/4 cup sugar and vanilla until light and fluffy; scraping bowl frequently. Fold in whipped cream. Spoon into crust. Refrigerate until firm, about 2 hours.
- ☐ Arrange strawberries on top of pie. Spoon warm jelly over strawberries, coating well. Store pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:33.26, Glycemic Load:20.8, Inflammation Score:-7, Nutrition Score:8.7239130579907%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 427.85kcal (21.39%), Fat: 30.04g (46.21%), Saturated Fat: 14.42g (90.15%), Carbohydrates: 36.93g (12.31%), Net Carbohydrates: 34.76g (12.64%), Sugar: 22.51g (25.01%), Cholesterol: 62.25mg (20.75%), Sodium: 302.81mg (13.17%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 4.39g (8.78%), Vitamin C: 43.78mg (53.07%), Vitamin A: 1165.02IU (23.3%), Manganese: 0.29mg (14.42%), Vitamin B2: 0.19mg (11.38%), Phosphorus: 103.85mg (10.39%), Fiber: 2.17g (8.68%), Calcium: 77.77mg (7.78%), Folate: 30.44µg (7.61%), Vitamin E: 1.04mg (6.91%), Potassium: 221.46mg (6.33%), Iron: 1.13mg (6.26%), Magnesium: 24.86mg (6.22%), Selenium: 3.94µg (5.63%), Vitamin B3: 0.97mg (4.85%), Vitamin B1: 0.07mg (4.77%), Zinc: 0.65mg (4.34%), Vitamin B6: 0.08mg (4.04%), Vitamin B5: 0.34mg (3.38%), Vitamin D: 0.48µg (3.17%), Copper: 0.06mg (3.15%), Vitamin K: 3.13µg (2.98%), Vitamin B12: 0.12µg (1.99%)