



Delightful Strawberry Dessert

READY IN



160 min.

SERVINGS



8

CALORIES



381 kcal

DESSERT

Ingredients

- ☐ 0.5 cup coconut or flaked
- ☐ 0.8 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 0.5 teaspoon gelatin powder unflavored
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup saltines crushed
- ☐ 4 cups strawberries fresh sliced
- ☐ 2 cups whipping cream
- ☐ 0.5 cup sugar white

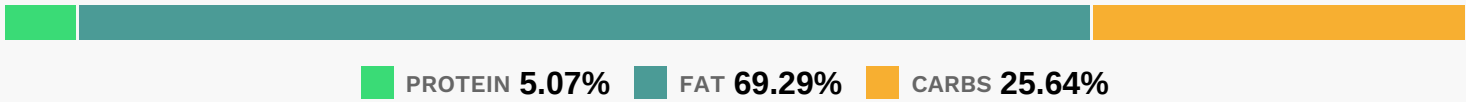
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl, beat egg whites until soft peaks form. Gradually add 1 cup sugar and cream of tartar, continuing to beat until whites form stiff peaks. Gently fold in cracker crumbs, coconut and pecans.
- ☐ Spread mixture onto the bottom and up the sides of a 9 inch pie pan.
- ☐ Bake in preheated oven for 20 to 22 minutes, or until lightly browned. Cool completely.
- ☐ In a large bowl, beat cream, gelatin and remaining sugar until stiff peaks form. Fold in strawberries, then pour over egg white layer. Cover and refrigerate for 2 hours.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:10.39, Inflammation Score:-7, Nutrition Score:10.285652041435%

Flavonoids

Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg 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: 381.3kcal (19.07%), Fat: 30.47g (46.87%), Saturated Fat: 17.23g (107.68%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 22.28g (8.1%), Sugar: 18.53g (20.59%), Cholesterol: 67.24mg (22.41%), Sodium: 79.36mg (3.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.03%), Vitamin C: 42.85mg (51.94%), Manganese: 0.77mg (38.51%), Vitamin A: 887.15IU (17.74%), Vitamin B2: 0.22mg (12.68%), Fiber: 3.08g (12.33%), Copper: 0.18mg (9.03%), Selenium: 6.19µg (8.84%), Phosphorus: 87.87mg (8.79%), Potassium: 295.15mg (8.43%), Vitamin B1: 0.11mg (7.24%), Magnesium: 28.85mg (7.21%), Folate: 28.02µg (7.01%), Vitamin D: 0.95µg (6.35%), Vitamin E: 0.93mg (6.17%), Calcium: 58.84mg (5.88%), Iron: 0.98mg (5.42%), Zinc: 0.7mg (4.64%), Vitamin K: 4.85µg (4.62%), Vitamin B6: 0.09mg (4.46%), Vitamin B5: 0.39mg (3.85%), Vitamin B3: 0.72mg (3.61%), Vitamin B12: 0.11µg (1.82%)