



Deni's Strawberry Cheese Pie

READY IN



135 min.

SERVINGS



8

CALORIES



389 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup juice of lemon
- ☐ 1 9-inch pie crust ()
- ☐ 2 cups strawberries fresh
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract

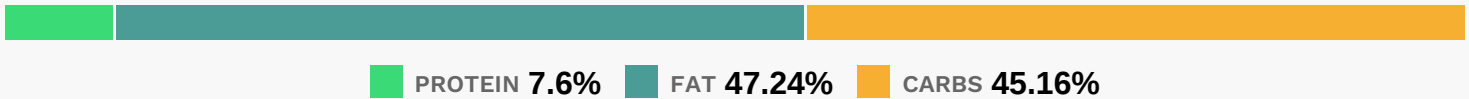
Equipment

- ☐ mixing bowl

Directions

- ☐ In a medium mixing bowl, whip the cream cheese until fluffy.
- ☐ Pour in the condensed milk and mix until smooth. Stir in the lemon juice and vanilla extract.
- ☐ Mix until all ingredients are thoroughly combined.
- ☐ Pour the cream cheese mixture into the baked pastry shell. Top with strawberries (whole or sliced, depending on your preference). Chill at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:17.7, Inflammation Score:-5, Nutrition Score:9.1056522675183%

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 Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 389.04kcal (19.45%), Fat: 20.73g (31.89%), Saturated Fat: 10.5g (65.63%), Carbohydrates: 44.59g (14.86%), Net Carbohydrates: 43.2g (15.71%), Sugar: 30.26g (33.63%), Cholesterol: 45.5mg (15.17%), Sodium: 254.83mg (11.08%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 7.5g (15.01%), Vitamin C: 28.36mg (34.38%), Vitamin B2: 0.32mg (19.1%), Phosphorus: 183.74mg (18.37%), Calcium: 179.88mg (17.99%), Selenium: 11.36µg (16.24%), Manganese: 0.26mg (12.93%), Vitamin A: 518.68IU (10.37%), Folate: 37.2µg (9.3%), Potassium: 317.26mg (9.06%), Vitamin B1: 0.13mg (8.82%), Vitamin B5: 0.7mg (7%), Magnesium: 24.86mg (6.21%), Fiber: 1.39g

(5.56%), Iron: 0.94mg (5.2%), Zinc: 0.78mg (5.19%), Vitamin B3: 0.96mg (4.8%), Vitamin B12: 0.28µg (4.68%),
Vitamin B6: 0.08mg (3.89%), Vitamin E: 0.57mg (3.77%), Vitamin K: 3.51µg (3.34%), Copper: 0.05mg (2.57%)