



Double Strawberry Pie

 Dairy Free Image not found or type unknown

READY IN

ready

95 min.

SERVINGS

servings

8

CALORIES

calories

373 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons cornstarch
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 11 ounce pie crust mix
- ☐ 4 cups strawberries unsweetened frozen thawed
- ☐ 0.3 cup strawberry nectar cold
- ☐ 0.8 cup sugar
- ☐ 8 servings sugar for sprinkling

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Sift sugar, cornstarch and flour together into a medium bowl. Stir and combine with partially thawed strawberries.
- ☐ In a separate bowl, combine pie crust mix and cold strawberry nectar. Stir until a soft dough forms. Divide into 2 pieces, form into balls, and flatten into disks.
- ☐ On a lightly floured surface, roll 1 of the disks out to an 11-inch circle. Fold in half, place in a 9-inch pie plate, and unfold. Press into plate, but do not stretch. Trim dough 1/2-inch from edge of plate.
- ☐ Roll out second disk and fold in half.
- ☐ Pour filling into pastry-lined plate.
- ☐ Place top crust on top of filling and unfold. Press along rim to seal and trim edges. Press fork into edges or crimp to make decorative edge.
- ☐ Cut vent slits or punch center with small decorative cutter or knife.
- ☐ In a small bowl, lightly beat egg, with 1 tablespoon water and 1 tablespoon strawberry nectar.
- ☐ Brush atop crust and then sprinkle with sugar.
- ☐ Place pie on sheet pan* and place in oven.
- ☐ Bake for 10 minutes, then lower heat to 350 degrees F and continue baking for an additional 50 to 60 minutes; the filling should be bubbling and top crust golden brown. Cool completely before cutting.
- ☐ *TIP: preheat sheet pan in oven for crisper bottom crust.

Nutrition Facts



Properties

Glycemic Index:36.9, Glycemic Load:27.55, Inflammation Score:-4, Nutrition Score:8.8230434759803%

Flavonoids

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Nutrients (% of daily need)

Calories: 373.03kcal (18.65%), Fat: 11.1g (17.07%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 65.22g (21.74%), Net Carbohydrates: 62.44g (22.71%), Sugar: 34.54g (38.38%), Cholesterol: 20.46mg (6.82%), Sodium: 168.84mg (7.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.87%), Vitamin C: 45.86mg (55.59%), Manganese: 0.53mg (26.58%), Folate: 62.89µg (15.72%), Vitamin B1: 0.19mg (12.63%), Fiber: 2.78g (11.13%), Selenium: 7.17µg (10.24%), Iron: 1.83mg (10.15%), Vitamin B3: 1.82mg (9.09%), Vitamin B2: 0.15mg (9%), Phosphorus: 66.63mg (6.66%), Potassium: 173.84mg (4.97%), Magnesium: 18.49mg (4.62%), Vitamin K: 4.6µg (4.38%), Copper: 0.09mg (4.3%), Vitamin B5: 0.37mg (3.74%), Vitamin B6: 0.07mg (3.45%), Vitamin E: 0.47mg (3.12%), Zinc: 0.42mg (2.77%), Calcium: 24.53mg (2.45%)