



Easy as Pie Strawberry Pie

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



151 kcal

Ingredients

- 1 9-inch pie crust ()
- 10 ounce strawberries frozen
- 8 ounce non-dairy whipped topping frozen thawed

Equipment

- bowl

Directions

- In a medium bowl mix together strawberries and glaze.

Pour into pie shell. Top with whipped topping.

Nutrition Facts

PROTEIN 5.54% **FAT 49.01%** **CARBS 45.45%**

Properties

Glycemic Index:4, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:3.4330434397511%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 151.27kcal (7.56%), Fat: 8.27g (12.72%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 16.19g (5.89%), Sugar: 6.74g (7.49%), Cholesterol: 0.45mg (0.15%), Sodium: 98.41mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin C: 16.67mg (20.21%), Manganese: 0.2mg (9.89%), Folate: 21.48µg (5.37%), Vitamin B1: 0.07mg (4.42%), Fiber: 1.07g (4.27%), Phosphorus: 37.99mg (3.8%), Iron: 0.66mg (3.66%), Vitamin B2: 0.06mg (3.57%), Vitamin B3: 0.67mg (3.36%), Vitamin K: 2.81µg (2.68%), Selenium: 1.8µg (2.57%), Potassium: 85.68mg (2.45%), Calcium: 24.44mg (2.44%), Magnesium: 8.27mg (2.07%), Vitamin E: 0.29mg (1.92%), Copper: 0.03mg (1.54%), Vitamin B6: 0.03mg (1.39%), Vitamin B5: 0.12mg (1.16%), Zinc: 0.15mg (1.02%)