



Flat-Bottom Fruit Pie

READY IN



60 min.

SERVINGS



12

CALORIES



156 kcal

DESSERT

Ingredients

- 0.5 cup blueberries fresh
- 1 tsp cinnamon sugar
- 1.3 cups half-and-half
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 large peaches fresh sliced
- 0.5 cup raspberries fresh
- 1 ready-to-use pie crust refrigerated
- 1 cup cool whip whipped topping thawed

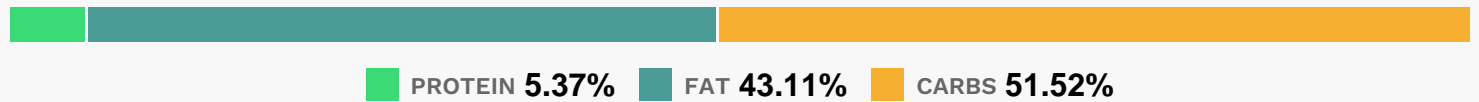
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Heat oven to 450F.
- Unroll pie crust onto baking sheet; sprinkle with cinnamon sugar.
- Bake 8 to 10 min. or until lightly browned; cool completely.
- Meanwhile, beat pudding mix and half-and-half in medium bowl with whisk 2 min. Stir in COOL WHIP. Refrigerate until ready to use.
- Spread pudding mixture onto crust just before serving; top with fruit.

Nutrition Facts



Properties

Glycemic Index:14.7, Glycemic Load:1.12, Inflammation Score:-2, Nutrition Score:2.7695652039155%

Flavonoids

Cyanidin: 3.09mg, Cyanidin: 3.09mg, Cyanidin: 3.09mg, Cyanidin: 3.09mg Petunidin: 1.96mg, Petunidin: 1.96mg, Petunidin: 1.96mg, Petunidin: 1.96mg Delphinidin: 2.25mg, Delphinidin: 2.25mg, Delphinidin: 2.25mg, Delphinidin: 2.25mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 155.79kcal (7.79%), Fat: 7.54g (11.59%), Saturated Fat: 3.65g (22.79%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 19.17g (6.97%), Sugar: 11.3g (12.55%), Cholesterol: 8.95mg (2.98%), Sodium: 130.84mg (5.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Manganese: 0.13mg (6.33%), Vitamin B2: 0.09mg (5.22%), Phosphorus: 44.33mg (4.43%), Fiber: 1.09g (4.38%), Vitamin B1: 0.06mg (3.68%), Calcium: 36.71mg (3.67%), Vitamin K: 3.58µg (3.41%), Vitamin C: 2.73mg (3.31%), Folate: 13.16µg (3.29%), Selenium: 2.16µg (3.09%), Vitamin B3: 0.59mg (2.95%), Vitamin A: 146.53IU (2.93%), Iron: 0.5mg (2.75%), Potassium: 85.03mg (2.43%), Vitamin E: 0.34mg (2.3%), Magnesium: 7.72mg (1.93%), Vitamin B5: 0.18mg (1.77%), Copper: 0.03mg (1.73%), Zinc: 0.23mg (1.56%), Vitamin B6: 0.03mg (1.53%), Vitamin B12: 0.06µg (1.01%)