



## Fluffy Strawberry Pie

READY IN



325 min.

SERVINGS



8

CALORIES



392 kcal

DESSERT

### Ingredients

- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup shortening
- 2 tablespoons water cold
- 0.8 cup water boiling
- 1 package strawberry gelatin (4-serving size)
- 1 teaspoon lime zest grated
- 0.5 cup juice of lime (4 limes)
- 1.5 cups whipping cream

- 0.8 cup powdered sugar
- 2 cups strawberries crushed
- 1 serving whipped cream
- 1 halves strawberries

## Equipment

- bowl
- oven
- wire rack
- blender
- plastic wrap
- hand mixer
- rolling pin

## Directions

- In medium bowl, mix flour and salt.
- Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary).
- Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- Heat oven to 475°F. With floured rolling pin, roll pastry into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired. Prick bottom and side of pastry thoroughly with fork.
- Bake 8 to 10 minutes or until light brown; cool on cooling rack.

- In large bowl, pour boiling water over gelatin; stir until gelatin is dissolved. Stir in lime peel and lime juice. Refrigerate about 1 hour or until very thick but not set.
- Beat gelatin mixture with electric mixer on high speed about 4 minutes, scraping bowl occasionally, until thick and fluffy; set aside. In chilled large bowl, beat whipping cream and powdered sugar on high speed until stiff. Gently stir whipped cream and crushed strawberries into gelatin mixture.
- Pour into crust. Refrigerate about 3 hours or until set.
- Garnish with whipped cream and strawberry halves. Store in refrigerator.

## Nutrition Facts

**PROTEIN 4.15%** **FAT 56.36%** **CARBS 39.49%**

### Properties

Glycemic Index:30.25, Glycemic Load:9.93, Inflammation Score:-6, Nutrition Score:8.2143478600875%

### Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.67mg, Pelargonidin: 13.67mg, Pelargonidin: 13.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

### Nutrients (% of daily need)

Calories: 391.74kcal (19.59%), Fat: 25.15g (38.69%), Saturated Fat: 12.54g (78.35%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 38.06g (13.84%), Sugar: 24.5g (27.22%), Cholesterol: 51mg (17%), Sodium: 210mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Vitamin C: 37.22mg (45.11%), Manganese: 0.32mg (16.2%), Vitamin A: 675.41IU (13.51%), Folate: 45.45µg (11.36%), Selenium: 7.66µg (10.95%), Vitamin B2: 0.18mg (10.73%), Vitamin B1: 0.15mg (10.06%), Vitamin E: 1.14mg (7.61%), Phosphorus: 73.77mg (7.38%), Vitamin K:

7.34µg (6.99%), Fiber: 1.59g (6.36%), Vitamin B3: 1.19mg (5.93%), Iron: 1.04mg (5.77%), Vitamin D: 0.72µg (4.78%), Potassium: 163.32mg (4.67%), Calcium: 44.94mg (4.49%), Magnesium: 15.49mg (3.87%), Copper: 0.08mg (3.79%), Vitamin B5: 0.33mg (3.32%), Vitamin B6: 0.05mg (2.73%), Zinc: 0.31mg (2.09%), Vitamin B12: 0.07µg (1.23%)