



Fluffy Strawberry Pie with Pretzel Crust

READY IN



570 min.

SERVINGS



8

CALORIES



429 kcal

DESSERT

Ingredients

- ☐ 1.3 cups pretzels crushed
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup butter melted
- ☐ 0.8 cup water boiling
- ☐ 1 package strawberry gelatin (4-serving size)
- ☐ 1 teaspoon lime zest grated
- ☐ 0.3 cup juice of lime
- ☐ 1.5 cups whipping cream (heavy)
- ☐ 0.8 cup powdered sugar

- ☐ 2 cups strawberries crushed
- ☐ 1 serving strawberries

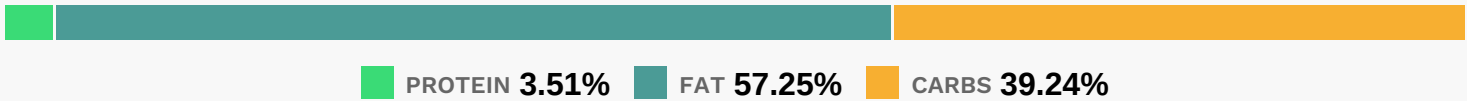
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In medium bowl, mix all crust ingredients. Press mixture firmly against bottom and side of 9-inch glass pie plate.
- ☐ In large bowl, pour boiling water on 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 or until thick and fluffy; set aside. In chilled large bowl, beat whipping cream and powdered sugar on high speed until stiff peaks form. Fold whipped cream and crushed strawberries into gelatin mixture.
- ☐ Pour into crust.
- ☐ Refrigerate about 8 hours or until set.
- ☐ Garnish with chocolate-covered strawberries. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:33.14, Glycemic Load:13.58, Inflammation Score:-7, Nutrition Score:7.5421738987384%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg 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: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.23mg, 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: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 429.29kcal (21.46%), Fat: 28.08g (43.21%), Saturated Fat: 12.69g (79.32%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 41.78g (15.19%), Sugar: 30.73g (34.15%), Cholesterol: 50.43mg (16.81%), Sodium: 352.44mg (15.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Vitamin C: 34.65mg (42%), Vitamin A: 1173.86IU (23.48%), Manganese: 0.33mg (16.44%), Folate: 38.61µg (9.65%), Vitamin B2: 0.15mg (8.91%), Phosphorus: 74.19mg (7.42%), Vitamin E: 1.08mg (7.22%), Fiber: 1.54g (6.17%), Vitamin B1: 0.08mg (5.24%), Iron: 0.87mg (4.84%), Potassium: 169.04mg (4.83%), Calcium: 48.02mg (4.8%), Vitamin D: 0.71µg (4.76%), Vitamin B3: 0.91mg (4.56%), Selenium: 2.93µg (4.19%), Magnesium: 15.25mg (3.81%), Copper: 0.07mg (3.49%), Vitamin K: 3.01µg (2.87%), Vitamin B6: 0.05mg (2.73%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.32mg (2.16%), Vitamin B12: 0.09µg (1.43%)