



Fluffy Strawberry Pie with Pretzel Crust

READY IN



570 min.

SERVINGS



8

CALORIES



427 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 8 servings chocolate-covered peanuts
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup juice of lime
- ☐ 1 teaspoon lime zest grated
- ☐ 0.8 cup powdered sugar
- ☐ 1.3 cups pretzels crushed
- ☐ 2 cups strawberries crushed
- ☐ 1 package strawberry gelatin (4-serving size)

- ☐ 0.8 cup water boiling
- ☐ 1.5 cups whipping cream (heavy)

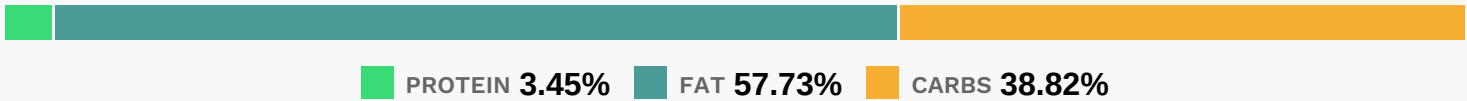
Equipment

- ☐ 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:28.14, Glycemic Load:13.18, Inflammation Score:-7, Nutrition Score:6.553478344627%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 427.42kcal (21.37%), Fat: 28.18g (43.35%), Saturated Fat: 12.79g (79.94%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 41.41g (15.06%), Sugar: 30.48g (33.86%), Cholesterol: 50.46mg (16.82%), Sodium: 352.62mg (15.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin C: 24.07mg (29.18%), Vitamin A: 1172.61IU (23.45%), Manganese: 0.26mg (13.14%), Vitamin B2: 0.15mg (8.77%), Folate: 34.37µg (8.59%), Phosphorus: 71.3mg (7.13%), Vitamin E: 1.03mg (6.89%), Vitamin B1: 0.08mg (5.01%), Fiber: 1.21g (4.85%), Vitamin D: 0.71µg (4.76%), Calcium: 46mg (4.6%), Iron: 0.81mg (4.52%), Vitamin B3: 0.85mg (4.23%), Potassium: 146.64mg (4.19%), Selenium: 2.88µg (4.12%), Magnesium: 13.36mg (3.34%), Copper: 0.06mg (3.25%), Vitamin K: 2.66µg (2.53%), Vitamin B6: 0.05mg (2.34%), Vitamin B5: 0.23mg (2.27%), Zinc: 0.31mg (2.08%), Vitamin B12: 0.09µg (1.49%)