



## Fluffy Strawberry Pie with Pretzel Crust

READY IN



570 min.

SERVINGS



8

CALORIES



424 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup butter melted
- ☐ 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.

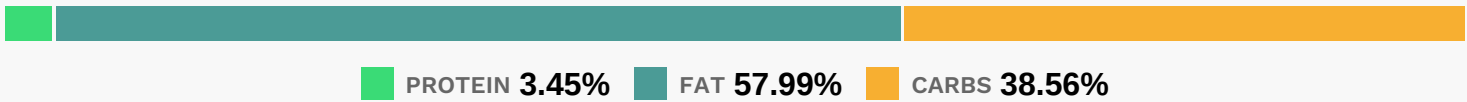
☐ Beat gelatin mixture with electric mixer on high speed about 4 minutes or until thick and fluffy; set aside. In chilled large bowl, beat whipping cream and powdered sugar on high speed until stiff peaks form. Fold whipped cream and crushed strawberries into gelatin mixture.

☐ 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:6.4834782507109%

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, 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, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 423.52kcal (21.18%), Fat: 28.03g (43.12%), Saturated Fat: 12.69g (79.3%), Carbohydrates: 41.94g (13.98%), Net Carbohydrates: 40.76g (14.82%), Sugar: 29.85g (33.17%), Cholesterol: 50.43mg (16.81%), Sodium: 352.26mg (15.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin C: 24.07mg (29.17%), Vitamin A: 1171.7IU (23.43%), Manganese: 0.26mg (12.96%), Vitamin B2: 0.15mg (8.67%), Folate: 34.29µg (8.57%), Phosphorus: 69.87mg (6.99%), Vitamin E: 1.03mg (6.87%), Vitamin B1: 0.07mg (4.95%), Vitamin D: 0.71µg (4.76%), Fiber: 1.18g (4.73%), Calcium: 45.14mg (4.51%), Iron: 0.8mg (4.43%), Vitamin B3: 0.84mg (4.21%), Selenium: 2.86µg (4.08%), Potassium: 141.5mg (4.04%), Magnesium: 12.91mg (3.23%), Copper: 0.06mg (3.06%), Vitamin K: 2.62µg (2.49%), Vitamin B6: 0.05mg (2.31%), Vitamin B5: 0.22mg (2.24%), Zinc: 0.3mg (1.99%), Vitamin B12: 0.09µg (1.43%)