



Fresh Strawberry-Lime Pie

READY IN



18 min.

SERVINGS



8

CALORIES



149 kcal

Ingredients

- ☐ 0.3 ounce gelatin powder sugar-free strawberry-flavored
- ☐ 1.5 tablespoons juice of lime fresh divided
- ☐ 0.3 teaspoon lime rind grated
- ☐ 6 ounce ready-made shortbread piecrust (such as Keebler)
- ☐ 4 cups strawberries fresh quartered
- ☐ 0.7 cup water boiling
- ☐ 2 cups non-dairy whipped topping fat-free frozen thawed

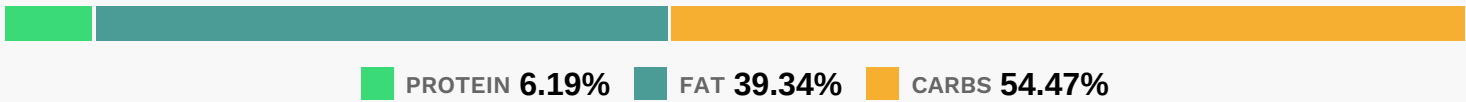
Equipment

- ☐ bowl

Directions

- ☐ Combine gelatin and boiling water in a medium bowl; stir until gelatin dissolves. Cover and freeze 8 minutes or until consistency of unbeaten egg white.
- ☐ Add strawberries and 1 tablespoon lime juice; stir well. Spoon into crust; cover and chill 2 hours or until firm.
- ☐ Combine whipped topping and remaining 1/2 tablespoon lime juice in a small bowl.
- ☐ Cut pie into 8 pieces.
- ☐ Place on individual serving dishes. Top each piece with 1/4 cup whipped topping mixture; sprinkle each with grated lime rind.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.66, Inflammation Score:-3, Nutrition Score:6.7673912618471%

Flavonoids

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Nutrients (% of daily need)

Calories: 149.21kcal (7.46%), Fat: 6.7g (10.31%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 18.8g (6.84%), Sugar: 6.62g (7.36%), Cholesterol: 3mg (1%), Sodium: 102.24mg (4.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin C: 43.82mg (53.12%), Manganese: 0.38mg (18.83%), Vitamin B2: 0.17mg (9.92%), Folate: 35.89µg (8.97%), Fiber: 2.08g (8.32%), Vitamin B1: 0.1mg (6.97%), Iron: 0.86mg (4.78%), Vitamin B3: 0.93mg (4.64%), Vitamin B12: 0.28µg (4.63%), Phosphorus: 46mg (4.6%), Potassium: 156.02mg (4.46%), Calcium: 36.99mg (3.7%), Magnesium: 14.61mg (3.65%), Vitamin B6: 0.07mg (3.46%), Vitamin K: 3.23µg (3.08%), Selenium: 2.07µg (2.96%), Copper: 0.06mg (2.93%), Vitamin E: 0.33mg (2.22%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.26mg (1.74%)