



## Fresh Strawberry Pie

 Dairy Free

READY IN



140 min.

SERVINGS



20

CALORIES



62 kcal

DESSERT

### Ingredients

- 0.3 cup cornstarch
- 1 cup graham cracker crumbs
- 3 Tbsp butter melted
- 0.3 cup granular no-calorie sweetener divided
- 4 cups strawberries fresh quartered
- 0.3 oz jell-o strawberry flavor gelatin sugar free
- 1.5 cups water
- 0.5 cup cool whip whipped topping sugar free thawed

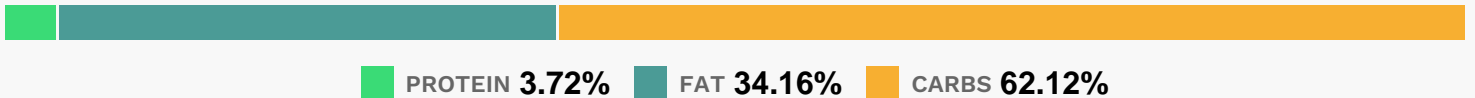
## Equipment

- sauce pan
- oven

## Directions

- Heat oven to 375F.
- Mix crumbs, 1 Tbsp. granulated sweetener and margarine. Press onto bottom and up side of 9-inch pie plate.
- Bake 8 to 10 min. or until lightly browned; cool.
- Meanwhile, mix remaining granulated sweetener, cornstarch and water in medium saucepan. Bring to boil on medium heat, stirring constantly; cook and stir 5 min. or until thickened
- Add dry gelatin mix; stir 2 min. until completely dissolved.
- Pour about 1/3 cup of the gelatin mixture into crust.
- Mix remaining gelatin mixture with strawberries; pour into crust. Refrigerate 2 hours or until firm.
- Serve topped with COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:8.2, Glycemic Load:4.06, Inflammation Score:-2, Nutrition Score:2.1526087162935%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 62.44kcal (3.12%), Fat: 2.44g (3.76%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 9.27g (3.37%), Sugar: 5.19g (5.77%), Cholesterol: 0.04mg (0.01%), Sodium: 52.13mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin C: 16.94mg (20.53%), Manganese: 0.11mg (5.6%), Fiber: 0.73g (2.93%), Folate: 8.93µg (2.23%), Phosphorus: 18.07mg (1.81%), Iron: 0.3mg (1.67%), Magnesium: 6.65mg (1.66%), Vitamin A: 79.96IU (1.6%), Potassium: 54.45mg (1.56%), Vitamin B3: 0.27mg (1.36%), Vitamin B1: 0.02mg (1.14%), Vitamin B2: 0.02mg (1.12%), Vitamin E: 0.16mg (1.05%), Calcium: 10.46mg (1.05%)