



Fresh Strawberry Pie

READY IN



240 min.

SERVINGS



8

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 4 drops food coloring red
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 6 cups strawberries fresh
- ☐ 1 cup sugar
- ☐ 1 cup garnish: whipped cream sweetened
- ☐ 0.5 cup water

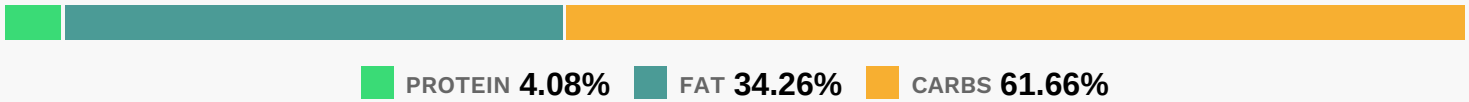
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 450°F.
- ☐ Bake pie crust as directed on box for One-Crust
- ☐ Baked Shell, using 9-inch glass pie plate. Cool completely on cooling rack, about 15 minutes.
- ☐ Meanwhile, in small bowl, crush enough strawberries to make 1 cup. In 2-quart saucepan, mix sugar and cornstarch; stir in crushed strawberries and water. Cook, stirring constantly, until mixture boils and thickens. If desired, stir in food color. Cool completely, about 30 minutes.
- ☐ Place remaining strawberries, whole or sliced, in cooled baked shell.
- ☐ Pour cooked strawberry mixture evenly over berries. Refrigerate until set, about 3 hours, before serving.
- ☐ Just before serving, top pie with sweetened whipped cream. Cover and refrigerate any remaining pie.

Nutrition Facts



Properties

Glycemic Index:20.64, Glycemic Load:20.42, Inflammation Score:-5, Nutrition Score:9.9647826144229%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg

Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg
Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.54mg,
Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin:
0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin:
0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 390.02kcal (19.5%), Fat: 15.11g (23.24%), Saturated Fat: 5.13g (32.08%), Carbohydrates: 61.18g (20.39%),
Net Carbohydrates: 57.74g (21%), Sugar: 30.83g (34.26%), Cholesterol: 5.7mg (1.9%), Sodium: 207.44mg (9.02%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin C: 63.5mg (76.97%), Manganese: 0.64mg
(32.03%), Folate: 61.15µg (15.29%), Fiber: 3.44g (13.75%), Vitamin B1: 0.17mg (11.08%), Iron: 1.77mg (9.85%), Vitamin
B3: 1.77mg (8.86%), Vitamin B2: 0.12mg (6.96%), Phosphorus: 68.99mg (6.9%), Potassium: 225.35mg (6.44%),
Vitamin K: 6.17µg (5.87%), Magnesium: 22.6mg (5.65%), Selenium: 3.62µg (5.17%), Copper: 0.1mg (4.79%), Vitamin
E: 0.59mg (3.94%), Vitamin B6: 0.08mg (3.94%), Vitamin B5: 0.36mg (3.6%), Calcium: 35.11mg (3.51%), Zinc: 0.41mg
(2.73%), Vitamin A: 64.83IU (1.3%)