



Fresh Strawberry Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



367 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 cup stick margarine melted
- ☐ 2 cups strawberries ripe
- ☐ 6 cups strawberries ripe
- ☐ 0.7 cup sugar
- ☐ 2 tablespoons sugar

- ☐ 50 vanilla wafers reduced-calorie
- ☐ 0.5 cup water
- ☐ 0.5 cup non-dairy whipped topping frozen divided thawed reduced-calorie

Equipment

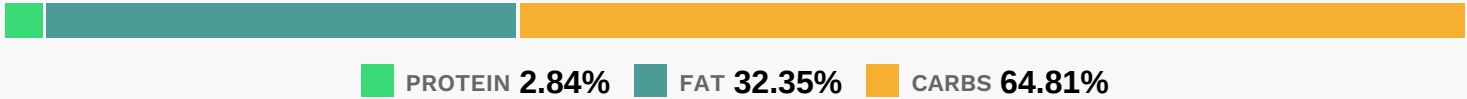
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ potato masher

Directions

- ☐ Preheat oven to 350
- ☐ To prepare crust, place wafers in a food processor, and process until finely ground.
- ☐ Add butter, 2 tablespoons sugar, and orange rind, and pulse 10 times or just until wafers are moist. Press into bottom and up sides of a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 15 minutes; cool on a wire rack.
- ☐ To prepare filling, mash 2 cups strawberries with a potato masher.
- ☐ Combine mashed strawberries and water in a small saucepan; bring to a boil, and cook 5 minutes, stirring occasionally. Press the strawberry mixture through a sieve into a bowl, and reserve 1 cup strawberry liquid (add enough water to measure 1 cup, if necessary). Discard pulp.
- ☐ Combine 2/3 cup sugar and cornstarch in a pan; add strawberry liquid, stirring well with a whisk. Bring to a boil; cook 1 minute, stirring constantly. Reduce heat, and cook 2 minutes.
- ☐ Remove from heat; stir in lemon juice.

- ☐ Arrange a layer of small strawberries, stem sides down, in the crust. Spoon about one-third of sauce over the strawberries. Arrange the remaining strawberries on top, and spoon the remaining sauce over the strawberries. Chill for at least 3 hours.
- ☐ Serve with whipped topping.

Nutrition Facts



Properties

Glycemic Index:37.15, Glycemic Load:37.7, Inflammation Score:-6, Nutrition Score:10.302608646776%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 366.98kcal (18.35%), Fat: 13.59g (20.91%), Saturated Fat: 3.92g (24.53%), Carbohydrates: 61.25g (20.42%), Net Carbohydrates: 57.79g (21.02%), Sugar: 39.67g (44.08%), Cholesterol: 0.47mg (0.16%), Sodium: 226.43mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Vitamin C: 85.75mg (103.94%), Manganese: 0.56mg (27.9%), Folate: 68.22µg (17.06%), Fiber: 3.46g (13.82%), Vitamin B1: 0.19mg (12.97%), Vitamin B3: 1.54mg (7.71%), Vitamin B2: 0.13mg (7.6%), Potassium: 262.57mg (7.5%), Vitamin A: 286.37IU (5.73%), Phosphorus: 55.94mg (5.59%), Magnesium: 19.65mg (4.91%), Vitamin E: 0.67mg (4.49%), Copper: 0.07mg (3.74%), Vitamin B6: 0.07mg (3.53%), Iron: 0.62mg (3.43%), Vitamin K: 3.32µg (3.16%), Calcium: 29.78mg (2.98%), Vitamin B5: 0.19mg (1.9%), Zinc: 0.21mg (1.42%), Selenium: 0.87µg (1.24%)