



Fresh Strawberry Pie I



Dairy Free



Popular

READY IN



150 min.

SERVINGS



20

CALORIES



827 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 16 inch pie shells
- ☐ 2.5 quarts strawberries fresh
- ☐ 3 ounce strawberry jell-o flavored
- ☐ 1 cup water boiling
- ☐ 1 cup sugar white

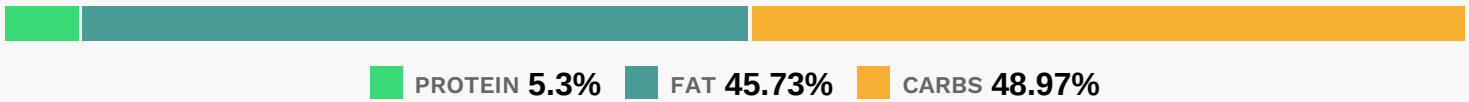
Equipment

- ☐ sauce pan

Directions

- ☐ In a saucepan, mix together the sugar and corn starch; make sure to blend corn starch in completely.
- ☐ Add boiling water, and cook over medium heat until mixture thickens.
- ☐ Remove from heat.
- ☐ Add gelatin mix, and stir until smooth.
- ☐ Let mixture cool to room temperature.
- ☐ Place strawberries in baked pie shells; position berries with points facing up.
- ☐ Pour cooled gel mixture over strawberries.
- ☐ Refrigerate until set.
- ☐ Serve with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:9.67, Inflammation Score:-6, Nutrition Score:17.680434530196%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 826.8kcal (41.34%), Fat: 42.1g (64.77%), Saturated Fat: 13.07g (81.7%), Carbohydrates: 101.42g (33.81%), Net Carbohydrates: 95.04g (34.56%), Sugar: 19.42g (21.58%), Cholesterol: 0mg (0%), Sodium: 676.16mg (29.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.96%), Vitamin C: 69.56mg (84.31%), Manganese: 1.17mg (58.26%), Folate: 140.52µg (35.13%), Vitamin B1: 0.47mg (31.23%), Iron: 4.66mg (25.88%), Fiber: 6.37g (25.49%), Vitamin B3: 4.78mg (23.88%), Vitamin B2: 0.3mg (17.75%), Phosphorus: 149.69mg (14.97%), Selenium: 9.96µg (14.23%), Vitamin K: 14.28µg (13.6%), Magnesium: 39.61mg (9.9%), Potassium: 336.71mg (9.62%), Copper: 0.18mg (9.24%), Vitamin B5: 0.8mg (7.96%), Vitamin E: 1.08mg (7.19%), Vitamin B6: 0.14mg (6.78%), Zinc: 0.89mg (5.92%), Calcium: 49.93mg (4.99%)