



Fresh Strawberry Pie III

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



213 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 9-inch pie crust ()
- ☐ 0.3 teaspoon salt
- ☐ 2 pints strawberries stemmed cleaned
- ☐ 3 tablespoons strawberry jell-o® mix flavored
- ☐ 1 cup water boiling
- ☐ 1 cup sugar white

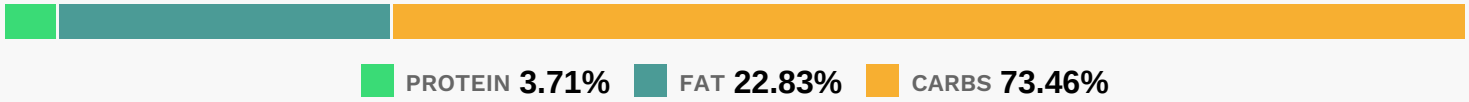
Equipment

sauce pan

Directions

- Combine sugar, gelatin, cornstarch, and salt in a medium saucepan. Stir in boiling water. Boil mixture for 3 minutes over high heat, stirring constantly. Cool completely.
- Arrange whole strawberries in pastry shell.
- Pour gelatin mixture over berries. Chill before serving. Top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:16.11, Inflammation Score:-4, Nutrition Score:6.9752173002647%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.52mg, Pelargonidin: 23.52mg, Pelargonidin: 23.52mg, Pelargonidin: 23.52mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 212.78kcal (10.64%), Fat: 5.56g (8.56%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 37.87g (13.77%), Sugar: 26.39g (29.33%), Cholesterol: 0mg (0%), Sodium: 152.2mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Vitamin C: 55.65mg (67.45%), Manganese: 0.46mg (22.79%), Fiber: 2.41g (9.63%), Folate: 36.78µg (9.19%), Vitamin B1: 0.08mg (5.19%), Iron: 0.93mg (5.16%), Potassium: 164.8mg (4.71%), Vitamin B3: 0.91mg (4.53%), Phosphorus: 40.28mg (4.03%), Magnesium: 15.63mg (3.91%), Vitamin B2: 0.06mg (3.5%), Copper: 0.07mg (3.45%), Vitamin K: 3.54µg (3.37%), Vitamin B6: 0.05mg (2.72%), Selenium: 1.82µg (2.61%), Vitamin E: 0.37mg (2.44%), Vitamin B5: 0.2mg (2%), Calcium: 19.98mg (2%), Zinc:

0.23mg (1.52%)