



Frosty Strawberry Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1079 kcal

Ingredients

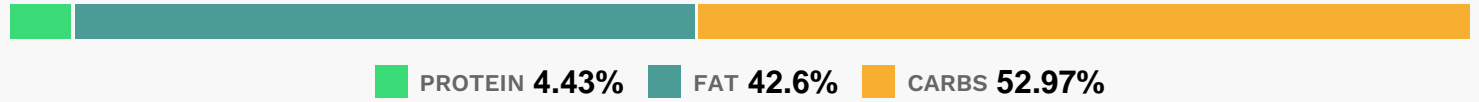
- 9 inch graham cracker crust prepared
- 2 cups strawberries fresh sliced
- 3 ounce strawberry jell-o flavored
- 2 cups whipped cream
- 1.3 cups water boiling

Equipment

Directions

- Dissolve gelatin in boiling water and gradually add ice cream, stirring until melted. Note: if pie is to be chilled 3–4 hours before serving, increase to 1 1/2 cups water.
- Chill til thick but NOT set (15–25 minutes) and then fold in strawberries and pour into pie crust.
- Chill until firm; garnish with whipped cream and walnut halves.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:5.43, Inflammation Score:-6, Nutrition Score:21.331304412821%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1078.5kcal (53.92%), Fat: 51.17g (78.72%), Saturated Fat: 11.81g (73.8%), Carbohydrates: 143.15g (47.72%), Net Carbohydrates: 138.56g (50.39%), Sugar: 52.52g (58.36%), Cholesterol: 14.52mg (4.84%), Sodium: 978.94mg (42.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Manganese: 2.6mg (130.21%), Vitamin K: 42.58µg (40.56%), Folate: 134.92µg (33.73%), Vitamin B3: 6.34mg (31.68%), Vitamin B2: 0.5mg (29.34%), Iron: 5.16mg (28.69%), Phosphorus: 282.04mg (28.2%), Vitamin C: 21.37mg (25.9%), Vitamin B1: 0.37mg (24.96%), Vitamin E: 3.74mg (24.94%), Copper: 0.47mg (23.49%), Fiber: 4.58g (18.34%), Zinc: 2.67mg (17.82%), Magnesium: 53.87mg (13.47%), Calcium: 104.89mg (10.49%), Potassium: 337.61mg (9.65%), Selenium: 6.42µg (9.18%), Vitamin B6: 0.18mg (8.91%), Vitamin B5: 0.58mg (5.79%), Vitamin A: 145.16IU (2.9%), Vitamin B12: 0.13µg (2.14%)