



Frozen Strawberry Daiquiri Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



562 kcal

DESSERT

Ingredients

- ☐ 1 large egg white
- ☐ 4 cups vanilla yogurt frozen low-fat
- ☐ 40 graham crackers (10 full cracker sheets)
- ☐ 2 tablespoons butter melted
- ☐ 3 tablespoons rum white
- ☐ 0.3 cup strawberry daiquiri concentrate frozen undiluted
- ☐ 8 servings strawberry-um sauce
- ☐ 2 tablespoons sugar

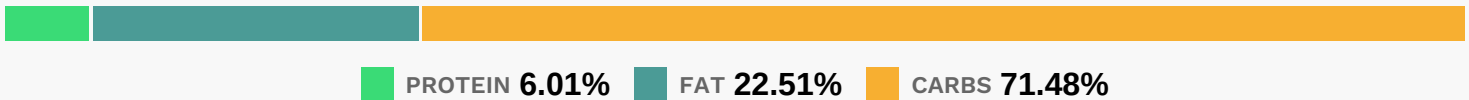
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 35
- ☐ Place crackers in a food processor; process until crumbly.
- ☐ Add sugar, margarine, and egg white; pulse 5 times or just until moist. Press crumb mixture into a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 8 minutes, and cool on a wire rack 15 minutes. Freeze pie- crust 30 minutes.
- ☐ Place an extra-large bowl in freezer.
- ☐ Remove yogurt and daiquiri concentrate from freezer; let stand at room temperature while crust is cooling.
- ☐ Spoon yogurt into chilled extra-large bowl. Gently fold concentrate and rum into yogurt. Freeze 45 minutes or just until set but not solid. Spoon yogurt mixture into prepared crust; freeze until set. Cover with plastic wrap; freeze 6 hours or until firm.
- ☐ Place the pie in refrigerator 30 minutes before serving to soften.
- ☐ Serve pie with Strawberry-Rum Sauce.

Nutrition Facts



Properties

Glycemic Index:24.89, Glycemic Load:39.94, Inflammation Score:-4, Nutrition Score:9.1430436178394%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 561.57kcal (28.08%), Fat: 13.92g (21.42%), Saturated Fat: 4.14g (25.89%), Carbohydrates: 99.47g (33.16%), Net Carbohydrates: 96.7g (35.16%), Sugar: 47.11g (52.34%), Cholesterol: 1.44mg (0.48%), Sodium: 571.92mg (24.87%), Alcohol: 1.88g (100%), Alcohol %: 1.18% (100%), Protein: 8.37g (16.74%), Phosphorus: 239.27mg (23.93%), Vitamin B2: 0.36mg (21.17%), Iron: 3.24mg (18.03%), Calcium: 162.87mg (16.29%), Vitamin B3: 2.94mg (14.71%), Magnesium: 54.24mg (13.56%), Vitamin B1: 0.19mg (12.85%), Zinc: 1.7mg (11.3%), Vitamin C: 9.32mg (11.29%), Fiber: 2.77g (11.06%), Folate: 40.44µg (10.11%), Potassium: 312.75mg (8.94%), Vitamin B6: 0.14mg (6.78%), Vitamin A: 285.39IU (5.71%), Selenium: 3.55µg (5.07%), Vitamin B5: 0.5mg (5.01%), Manganese: 0.1mg (4.84%), Vitamin B12: 0.22µg (3.6%), Copper: 0.07mg (3.36%), Vitamin E: 0.24mg (1.62%)