



Frozen Strawberry Margarita Pie

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



529 kcal

DESSERT

Ingredients

- 1.3 cups graham cracker crumbs ()
- 1.5 cups cup heavy whipping cream chilled
- 0.3 cup juice of lime fresh (from 2 limes)
- 1 tablespoon lime zest fresh finely grated (from 3 limes)
- 3.5 cups strawberries halved
- 8 servings strawberries
- 2 tablespoons sugar
- 14 oz condensed milk sweetened canned

- 2 tablespoons tequila
- 2 tablespoons triple sec orange-flavored
- 5 tablespoons butter unsalted melted

Equipment

- bowl
- oven
- blender
- plastic wrap
- hand mixer
- aluminum foil
- springform pan

Directions

- Put oven rack in middle position and preheat oven to 350°F.
- Stir together graham cracker crumbs, sugar, and butter in a bowl with a fork until combined well, then press mixture evenly onto bottom and up side of a buttered 9-inch metal or glass pie plate (4-cup capacity).
- Bake 10 minutes, then cool in pie plate on a rack, about 30 minutes.
- Purée strawberries, zest, lime juice, condensed milk, tequila, and liqueur in a blender until just smooth, then transfer to a large bowl.
- Beat cream in another bowl with an electric mixer at medium speed until it just holds stiff peaks. Fold one third of cream into strawberry mixture gently but thoroughly to lighten, then fold in remainder in 2 batches.
- Pour filling into crust, mounding it slightly, and freeze, uncovered, until firm, about 4 hours.
- Remove from freezer and let soften in refrigerator, about 40 minutes, before serving (pie should be semisoft).
- Pie can be frozen up to 3 days, covered with plastic wrap after 4 hours and then wrapped in heavy-duty foil. · Pie can also be made in a 9-inch (24-cm) springform pan. Press crumb mixture onto bottom and 1 inch up side of pan.

Nutrition Facts

PROTEIN 5.72% FAT 49.87% CARBS 44.41%

Properties

Glycemic Index:41.51, Glycemic Load:30.35, Inflammation Score:-8, Nutrition Score:16.794782431229%

Flavonoids

Cyanidin: 3.48mg, Cyanidin: 3.48mg, Cyanidin: 3.48mg, Cyanidin: 3.48mg Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 51.44mg, Pelargonidin: 51.44mg, Pelargonidin: 51.44mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 6.44mg, Catechin: 6.44mg, Catechin: 6.44mg, Catechin: 6.44mg Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 529.48kcal (26.47%), Fat: 29.48g (45.36%), Saturated Fat: 17.72g (110.77%), Carbohydrates: 59.07g (19.69%), Net Carbohydrates: 54.43g (19.79%), Sugar: 45.78g (50.87%), Cholesterol: 86.11mg (28.7%), Sodium: 165.12mg (7.18%), Alcohol: 2.23g (100%), Alcohol %: 0.83% (100%), Protein: 7.61g (15.22%), Vitamin C: 125.76mg (152.44%), Manganese: 0.81mg (40.28%), Phosphorus: 231.26mg (23.13%), Vitamin B2: 0.37mg (21.93%), Calcium: 217.31mg (21.73%), Vitamin A: 1036.11IU (20.72%), Fiber: 4.64g (18.55%), Potassium: 579.37mg (16.55%), Folate: 64.04µg (16.01%), Selenium: 9.64µg (13.77%), Magnesium: 51.61mg (12.9%), Vitamin B1: 0.14mg (9.07%), Vitamin E: 1.31mg (8.74%), Iron: 1.55mg (8.6%), Vitamin B6: 0.15mg (7.74%), Vitamin B5: 0.77mg (7.65%), Zinc: 1.14mg (7.57%), Vitamin B3: 1.45mg (7.25%), Vitamin K: 6.94µg (6.61%), Vitamin D: 0.94µg (6.3%), Copper: 0.12mg (6.1%), Vitamin B12: 0.3µg (5.08%)