



Glazed Red Berry Pie

 Dairy Free

READY IN



200 min.

SERVINGS



10

CALORIES



219 kcal

DESSERT

Ingredients

- 3 Tbsp cornstarch
- 1 9-inch baked pie crust ()
- 1 cup raspberries fresh
- 3 oz jell-o raspberry flavor gelatin
- 3 cups strawberries fresh hulled
- 0.8 cup sugar
- 1.5 cups water
- 0.5 cup cool whip whipped topping thawed

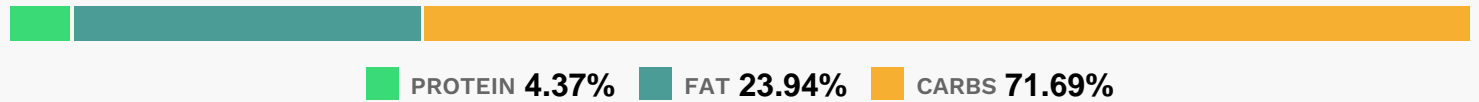
Equipment

sauce pan

Directions

- Combine sugar and cornstarch in medium saucepan. Gradually stir in water until blended. Bring to boil on medium heat, stirring constantly; cook and stir 1 min.
- Remove from heat.
- Add dry gelatin mix; stir 2 min. until completely dissolved. Stir in fruit.
- Fill crust with fruit mixture. Refrigerate 3 hours or until filling is firm.
- Top with COOL WHIP just before serving.

Nutrition Facts



Properties

Glycemic Index:13.61, Glycemic Load:11.62, Inflammation Score:-2, Nutrition Score:4.9165216470542%

Flavonoids

Cyanidin: 6.22mg, Cyanidin: 6.22mg, Cyanidin: 6.22mg, Cyanidin: 6.22mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 10.85mg, Pelargonidin: 10.85mg, Pelargonidin: 10.85mg, Pelargonidin: 10.85mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 219.16kcal (10.96%), Fat: 5.96g (9.17%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 38.02g (13.82%), Sugar: 25.82g (28.68%), Cholesterol: 0.08mg (0.03%), Sodium: 126.82mg (5.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin C: 28.55mg (34.6%), Manganese: 0.34mg (16.92%), Fiber: 2.17g (8.66%), Folate: 27.26µg (6.81%), Vitamin B1: 0.07mg (4.68%), Iron: 0.81mg (4.52%), Phosphorus: 43.33mg (4.33%), Vitamin B3: 0.78mg (3.92%), Vitamin B2: 0.06mg (3.4%), Vitamin K: 3.47µg (3.3%), Copper: 0.06mg (3.24%), Potassium: 108.37mg (3.1%), Selenium: 2.15µg (3.08%), Magnesium: 12.12mg (3.03%), Vitamin E: 0.34mg (2.27%), Vitamin B6: 0.04mg (1.89%), Calcium: 17.89mg (1.79%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.21mg (1.41%)