



Gold Medal® Fresh Strawberry Pie

READY IN



275 min.

SERVINGS



8

CALORIES



308 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup shortening
- 2 tablespoons water cold
- 6 cups strawberries hulled
- 1 cup sugar
- 2 tablespoons cornstarch
- 0.5 cup water
- 1 serving food coloring red

- 3 oz cream cheese softened
- 1 teaspoon lemon zest grated

Equipment

- bowl
- sauce pan
- oven
- wire rack
- blender
- plastic wrap
- rolling pin

Directions

- In medium bowl, mix flour and salt.
- Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- Heat oven to 475°F. With floured rolling pin, roll pastry into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired. Prick bottom and side of pastry thoroughly with fork.
- Bake 8 to 10 minutes or until light brown. Cool on cooling rack.
- In small bowl, mash enough strawberries to measure 1 cup. In 2-quart saucepan, mix sugar and cornstarch. Gradually stir in 1/2 cup water and mashed strawberries (add 1 or 2 drops food color if deeper red color is desired). Cook over medium heat, stirring constantly, until

mixture thickens and boils. Boil and stir 1 minute; cool.

- In medium bowl, beat cream cheese and lemon peel until smooth.
- Spread evenly in pie crust. Top with remaining strawberries.
- Pour cooked strawberry mixture over top. Refrigerate until set, about 3 hours. Store in refrigerator.

Nutrition Facts

PROTEIN 3.78% **FAT 36.21%** **CARBS 60.01%**

Properties

Glycemic Index:26.51, Glycemic Load:28.69, Inflammation Score:-5, Nutrition Score:9.4539131651754%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 308.14kcal (15.41%), Fat: 12.76g (19.63%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 47.57g (15.86%), Net Carbohydrates: 44.94g (16.34%), Sugar: 30.68g (34.09%), Cholesterol: 10.74mg (3.58%), Sodium: 181.83mg (7.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin C: 63.83mg (77.37%), Manganese: 0.53mg (26.35%), Folate: 55.5µg (13.88%), Fiber: 2.63g (10.51%), Vitamin B1: 0.15mg (10.19%), Selenium: 6.85µg (9.79%), Vitamin B2: 0.13mg (7.67%), Vitamin K: 7.19µg (6.85%), Vitamin B3: 1.35mg (6.75%), Iron: 1.21mg (6.73%), Vitamin E: 0.94mg (6.25%), Potassium: 196.98mg (5.63%), Phosphorus: 54.46mg (5.45%), Magnesium: 18.72mg (4.68%), Copper: 0.08mg (4.12%), Vitamin B5: 0.32mg (3.23%), Vitamin B6: 0.06mg (3.21%), Calcium: 31.29mg (3.13%), Vitamin A: 155.86IU (3.12%), Zinc: 0.32mg (2.14%)