



Hungry Bear Pie

 Dairy Free

READY IN



375 min.

SERVINGS



12

CALORIES



223 kcal

Ingredients

- 6 ounce cherries flavored
- 24 graham crackers
- 32 ounces apple sauce unsweetened
- 12 ounce non-dairy whipped topping frozen thawed

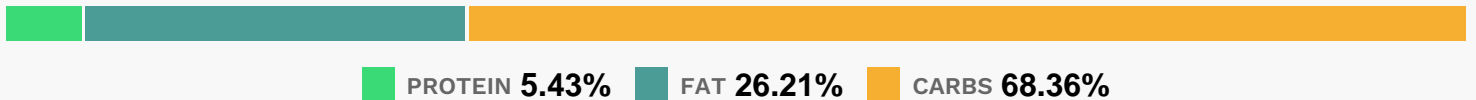
Equipment

Directions

- Reserve one pinch of gelatin.

- Combine most of gelatin with applesauce. On a serving platter, place 4 graham crackersheets, long edges together, in a single layer.
- Spread 1/2 cup of applesauce mixture over crackers. Repeat layers until all crackers and applesauce are used. Frost with whipped topping.
- Sprinkle reserved gelatin over top of cake. Chill in refrigerator 6 hours or overnight before serving.
- Cut crosswise like a loaf of bread to serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:15.52, Inflammation Score:-2, Nutrition Score:3.5965217351913%

Flavonoids

Cyanidin: 4.28mg, Cyanidin: 4.28mg, Cyanidin: 4.28mg, Cyanidin: 4.28mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 222.9kcal (11.15%), Fat: 6.62g (10.18%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 38.84g (12.95%), Net Carbohydrates: 36.76g (13.37%), Sugar: 22.04g (24.49%), Cholesterol: 0.57mg (0.19%), Sodium: 206.44mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Phosphorus: 84.3mg (8.43%), Fiber: 2.08g (8.33%), Iron: 1.41mg (7.83%), Vitamin B2: 0.12mg (7.06%), Vitamin B1: 0.09mg (6.2%), Vitamin B3: 1.17mg (5.86%), Magnesium: 22.33mg (5.58%), Potassium: 165.6mg (4.73%), Calcium: 47.11mg (4.71%), Folate: 16.57µg (4.14%), Zinc: 0.6mg (4.03%), Vitamin B6: 0.06mg (3.05%), Vitamin C: 1.75mg (2.12%), Copper: 0.04mg (2.01%), Vitamin E: 0.27mg (1.82%), Vitamin K: 1.58µg (1.51%), Manganese: 0.03mg (1.44%), Selenium: 0.91µg (1.3%), Vitamin A: 51.97IU (1.04%)