



Maggie's Fresh Raspberry Pie

 Dairy Free

READY IN



280 min.

SERVINGS



8

CALORIES



1177 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 9 inch unbaked pastry shell
- ☐ 2.5 cups raspberries
- ☐ 0.3 cup raspberry jell-o® mix flavored
- ☐ 1 cup water
- ☐ 1 cup whipped cream
- ☐ 1 cup sugar white

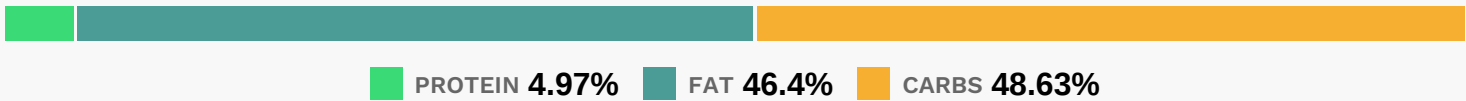
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Line an unpricked pastry shell with a double thickness of heavy-duty aluminum foil.
- ☐ Bake the pastry shell in the preheated oven for 8 minutes.
- ☐ Remove foil; bake 5 minutes longer. Cool on a wire rack.
- ☐ Place the sugar, cornstarch, and water in a saucepan. Cook over medium heat until the sugar and cornstarch dissolve and the mixture thickens, about 10 minutes.
- ☐ Remove from heat and whisk in the raspberry flavored gelatin mix. Refrigerate the filling until slightly cooled, about 15 minutes.
- ☐ Arrange the raspberries evenly in the bottom of the prepared pie crust.
- ☐ Pour the raspberry gelatin mixture over the berries. Chill the pie in the refrigerator until set, 4 to 6 hours.
- ☐ Garnish with whipped cream to serve.

Nutrition Facts



Properties

Glycemic Index:18.89, Glycemic Load:18.49, Inflammation Score:-5, Nutrition Score:17.734347942731%

Flavonoids

Cyanidin: 17.16mg, Cyanidin: 17.16mg, Cyanidin: 17.16mg, Cyanidin: 17.16mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg

Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 1177.21kcal (58.86%), Fat: 60.65g (93.31%), Saturated Fat: 19.4g (121.27%), Carbohydrates: 143.03g (47.68%), Net Carbohydrates: 134.94g (49.07%), Sugar: 27.77g (30.86%), Cholesterol: 5.7mg (1.9%), Sodium: 926.28mg (40.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.22%), Manganese: 1.25mg (62.42%), Vitamin B1: 0.63mg (42.24%), Folate: 165.62µg (41.4%), Iron: 6.14mg (34.11%), Fiber: 8.09g (32.36%), Vitamin B3: 6.3mg (31.52%), Vitamin B2: 0.41mg (23.92%), Selenium: 13.28µg (18.98%), Vitamin K: 19.49µg (18.56%), Phosphorus: 180.87mg (18.09%), Vitamin C: 9.82mg (11.91%), Magnesium: 43.22mg (10.81%), Copper: 0.21mg (10.6%), Vitamin B5: 1.06mg (10.58%), Vitamin E: 1.41mg (9.39%), Potassium: 286.54mg (8.19%), Zinc: 1.21mg (8.03%), Vitamin B6: 0.14mg (6.81%), Calcium: 60.92mg (6.09%), Vitamin A: 66IU (1.32%)