



Mixed Berry Pie with Lactose Free Yogurt

 Vegetarian

READY IN



280 min.

SERVINGS



10

CALORIES



223 kcal

DESSERT

Ingredients

- 2 tablespoons brown sugar packed
- 2 tablespoons non-dairy butter
- 1 egg whites lightly beaten
- 12 oz vanilla yogurt french yoplait®
- 1.3 cups graham crackers crushed finely
- 10 servings mint leaves fresh
- 0.8 cup strawberry jam cascadian farm®
- 6 cups blackberries halved

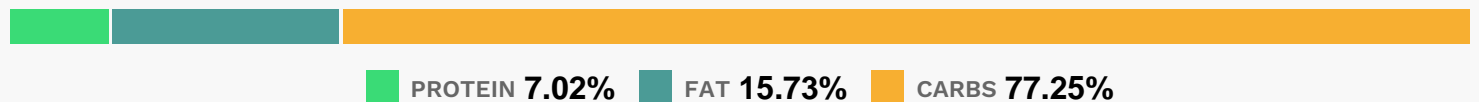
Equipment

- bowl
- sauce pan
- oven
- wire rack

Directions

- Preheat oven to 350°F. Coat a 9-inch pie plate with nonstick cooking spray. In a medium bowl, combine finely crushed zwieback and brown sugar.
- Add egg white and melted butter; stir until well mixed. Press mixture evenly onto bottom and up side of prepared pie plate.
- Bake for 10 to 12 minutes or until edge is browned. Cool completely on a wire rack.
- Meanwhile, for glaze, in a small saucepan, melt fruit spread over medium-low heat.
- Transfer to a large bowl; cool slightly.
- Spread yogurt into crust-lined pie plate. In a large bowl, gently toss berries and fruit spread. Spoon over yogurt. Cover and chill for 3 to 6 hours before serving. If desired, garnish with fresh mint.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:16.9, Inflammation Score:-6, Nutrition Score:8.8899998975837%

Flavonoids

Cyanidin: 86.36mg, Cyanidin: 86.36mg, Cyanidin: 86.36mg, Cyanidin: 86.36mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 32.02mg, Catechin: 32.02mg, Catechin: 32.02mg, Catechin: 32.02mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 4.03mg, Epicatechin: 4.03mg, Epicatechin: 4.03mg Epicatechin: 4.03mg Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin:

0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 222.7kcal (11.13%), Fat: 3.98g (6.13%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 44.03g (14.68%), Net Carbohydrates: 38.68g (14.06%), Sugar: 28.16g (31.29%), Cholesterol: 0.68mg (0.23%), Sodium: 132.11mg (5.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Manganese: 0.59mg (29.69%), Vitamin C: 20.94mg (25.39%), Fiber: 5.35g (21.39%), Vitamin K: 19.58µg (18.65%), Calcium: 96.06mg (9.61%), Copper: 0.18mg (9.03%), Phosphorus: 89.99mg (9%), Vitamin B2: 0.15mg (8.69%), Folate: 34.3µg (8.57%), Vitamin E: 1.21mg (8.06%), Magnesium: 31.86mg (7.96%), Potassium: 261.12mg (7.46%), Iron: 1.25mg (6.96%), Zinc: 0.97mg (6.49%), Vitamin B3: 1.08mg (5.39%), Selenium: 3.53µg (5.04%), Vitamin A: 231.46IU (4.63%), Vitamin B1: 0.06mg (4.24%), Vitamin B6: 0.06mg (2.95%), Vitamin B12: 0.16µg (2.71%), Vitamin B5: 0.26mg (2.56%)