



## Mixed Berry Yogurt Pie

 Vegetarian

READY IN



280 min.

SERVINGS



10

CALORIES



213 kcal

DESSERT

### Ingredients

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

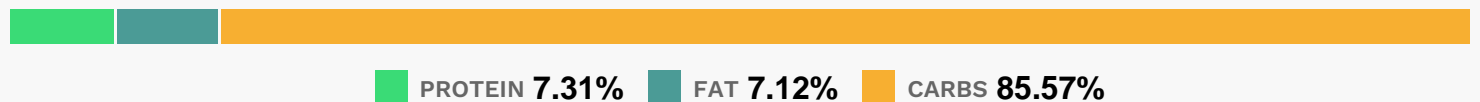
## Equipment

- 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:-5, Nutrition Score:8.5978261802507%

## 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: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.01mg,

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.23mg, 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: 212.55kcal (10.63%), Fat: 1.72g (2.64%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 46.41g (15.47%), Net Carbohydrates: 41.13g (14.96%), Sugar: 28.16g (31.29%), Cholesterol: 0.68mg (0.23%), Sodium: 240.26mg (10.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.93%), Manganese: 0.58mg (29.16%), Vitamin C: 20.66mg (25.04%), Fiber: 5.28g (21.1%), Vitamin K: 17.48µg (16.65%), Calcium: 93.79mg (9.38%), Phosphorus: 89.2mg (8.92%), Copper: 0.18mg (8.88%), Vitamin B2: 0.15mg (8.55%), Folate: 33.24µg (8.31%), Magnesium: 31.11mg (7.78%), Potassium: 255.49mg (7.3%), Vitamin E: 1.06mg (7.08%), Iron: 1.2mg (6.69%), Zinc: 0.96mg (6.4%), Vitamin B3: 1.06mg (5.31%), Selenium: 3.53µg (5.04%), Vitamin B1: 0.06mg (4.17%), Vitamin A: 193.23IU (3.86%), Vitamin B6: 0.06mg (2.89%), Vitamin B12: 0.16µg (2.71%), Vitamin B5: 0.25mg (2.53%)