



No-Bake Creamy Strawberry Pie

READY IN



140 min.

SERVINGS



8

CALORIES



187 kcal

Ingredients

- 0.3 cup water
- 1.5 teaspoons gelatin powder unflavored
- 18 oz strawberry yogurt fat free
- 1.5 cups cool whip frozen thawed
- 1.5 cups strawberries fresh sliced
- 6 oz graham crackers

Equipment

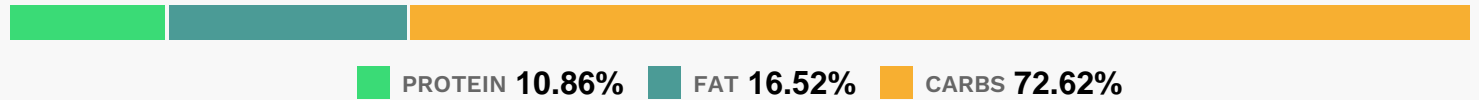
- bowl
- sauce pan

hand mixer

Directions

- In 1-quart saucepan, place water; sprinkle with gelatin; let stand 1 minute.
- Heat over low heat, about 2 minutes, stirring constantly, until gelatin is dissolved. Cool slightly.
- In medium bowl, beat cream cheese with electric mixer on medium speed until smooth.
- Add yogurt and gelatin mixture; beat on low speed until well blended. Fold in whipped topping. Spoon into crust. Refrigerate until set, about 2 hours.
- Before serving, garnish pie with additional whipped topping and sliced strawberries.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:12.07, Inflammation Score:-2, Nutrition Score:5.1652173646118%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 187.32kcal (9.37%), Fat: 3.49g (5.36%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 32.97g (11.99%), Sugar: 19.43g (21.59%), Cholesterol: 7.99mg (2.66%), Sodium: 187.56mg (8.15%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.15g (10.31%), Vitamin C: 15.88mg (19.24%), Vitamin B2: 0.26mg (15.33%), Phosphorus: 109.04mg (10.9%), Calcium: 105.9mg (10.59%), Vitamin B12: 0.54µg (9%), Fiber: 1.51g (6.04%), Iron: 1.08mg (6.02%), Potassium: 207.15mg (5.92%), Manganese: 0.1mg (5.25%), Vitamin B1: 0.08mg (1.6%)

(5.06%), Vitamin B3: 0.96mg (4.8%), Folate: 18.88µg (4.72%), Magnesium: 17.44mg (4.36%), Zinc: 0.5mg (3.31%),
Vitamin B6: 0.05mg (2.57%), Copper: 0.04mg (1.99%), Selenium: 0.83µg (1.18%)