



No-Bake Creamy Strawberry Pie

READY IN



140 min.

SERVINGS



8

CALORIES



198 kcal

Ingredients

- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 6 oz graham crackers
- ☐ 18 oz strawberry yogurt fat free
- ☐ 1.5 cups strawberries fresh sliced
- ☐ 0.3 cup water
- ☐ 1.5 cups non-dairy whipped topping frozen thawed

Equipment

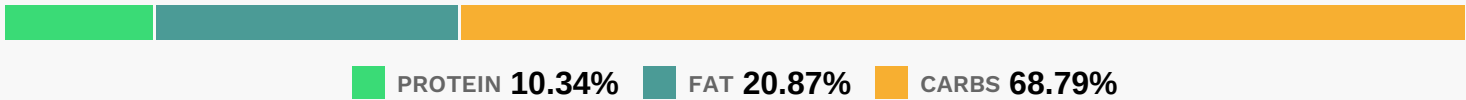
- ☐ bowl
- ☐ sauce pan

☐ 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:4.7069564707901%

Flavonoids

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Nutrients (% of daily need)

Calories: 197.87kcal (9.89%), Fat: 4.62g (7.11%), Saturated Fat: 2.24g (14.03%), Carbohydrates: 34.29g (11.43%), Net Carbohydrates: 32.83g (11.94%), Sugar: 20.5g (22.78%), Cholesterol: 6.02mg (2.01%), Sodium: 187.56mg (8.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.31%), Vitamin C: 15.88mg (19.24%), Phosphorus: 109.88mg (10.99%), Vitamin B2: 0.19mg (10.95%), Calcium: 100.7mg (10.07%), Iron: 1.09mg (6.08%), Vitamin B12: 0.36µg (6%), Potassium: 206.17mg (5.89%), Fiber: 1.45g (5.82%), Manganese: 0.1mg (5.25%), Vitamin B3: 0.92mg

(4.61%), Magnesium: 17.3mg (4.33%), Folate: 16.91µg (4.23%), Vitamin B1: 0.06mg (3.86%), Zinc: 0.47mg (3.11%),
Copper: 0.04mg (1.93%), Vitamin B6: 0.04mg (1.84%), Selenium: 0.74µg (1.06%)