



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

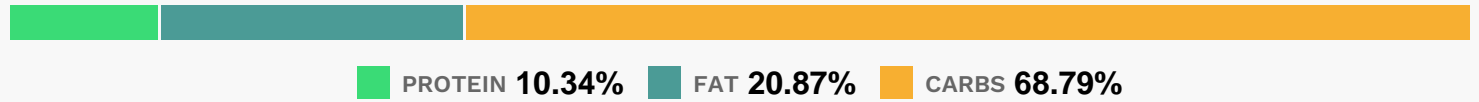
- bowl
- sauce pan

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

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: 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: 0g (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%)