



## No-Bake Fresh Strawberry Pie

READY IN



75 min.

SERVINGS



8

CALORIES



233 kcal

DESSERT

### Ingredients

- ☐ 3 ounces bittersweet chocolate finely chopped
- ☐ 2 teaspoons canola oil
- ☐ 1 tablespoon rum (raspberry-flavored liqueur)
- ☐ 25 chocolate wafers (such as Nabisco's Famous Chocolate Wafers)
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.3 cup powdered sugar
- ☐ 1 pound strawberries hulled cut in half
- ☐ 2 tablespoons strawberry fruit spread seedless
- ☐ 0.8 teaspoon vanilla extract

☐ 2 cups non-dairy whipped topping fat-free frozen thawed

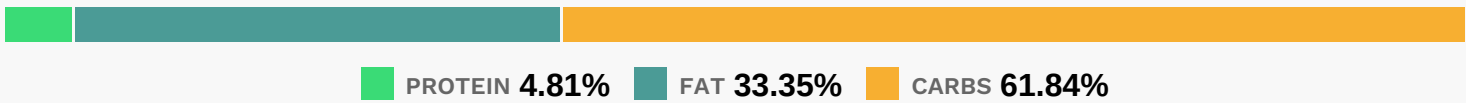
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ microwave
- ☐ tart form

## Directions

- ☐ Place chocolate wafers in a food processor, and process until finely ground.
- ☐ Place the chopped chocolate in a small microwave-safe bowl. Microwave at HIGH for 45 seconds or until chocolate melts, stirring every 15 seconds.
- ☐ Add melted chocolate and oil to processor; process until well combined. Gently press the mixture into bottom and up sides of a 9-inch pie plate or removable-bottom tart pan coated with cooking spray.
- ☐ Place in freezer 15 minutes or until set.
- ☐ Place cream cheese, sugar, and vanilla in a medium bowl; beat with a mixer at medium speed until smooth. Fold in whipped topping. Carefully spread over bottom of crust.
- ☐ Place fruit spread in a large microwave-safe bowl; microwave at HIGH 10 seconds or until softened.
- ☐ Add Chambord and juice; stir with a whisk until smooth.
- ☐ Add berry halves; toss to combine. Arrange berry halves over pie. Chill for 30 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:21.31, Glycemic Load:9.61, Inflammation Score:-4, Nutrition Score:7.9817391297092%

Flavonoids

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Nutrients (% of daily need)

Calories: 233.12kcal (11.66%), Fat: 8.86g (13.63%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 34.1g (12.4%), Sugar: 24.14g (26.82%), Cholesterol: 4.01mg (1.34%), Sodium: 125.64mg (5.46%), Alcohol: 0.13g (100%), Alcohol %: 0.14% (100%), Caffeine: 11.02mg (3.67%), Protein: 2.87g (5.75%), Vitamin C: 34.38mg (41.68%), Manganese: 0.51mg (25.29%), Copper: 0.26mg (12.88%), Fiber: 2.87g (11.49%), Vitamin B2: 0.19mg (11.15%), Magnesium: 38.19mg (9.55%), Iron: 1.7mg (9.46%), Phosphorus: 80.28mg (8.03%), Folate: 26.61µg (6.65%), Potassium: 214.27mg (6.12%), Vitamin B1: 0.08mg (5.62%), Vitamin B12: 0.31µg (5.23%), Vitamin B3: 0.93mg (4.64%), Calcium: 43.3mg (4.33%), Zinc: 0.64mg (4.24%), Selenium: 2.89µg (4.12%), Vitamin E: 0.58mg (3.84%), Vitamin B6: 0.07mg (3.26%), Vitamin K: 3.38µg (3.22%), Vitamin B5: 0.18mg (1.82%)