



No-Bake Triple Berry Pie

 Dairy Free

READY IN



176 min.

SERVINGS



8

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 1 cup water
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons cornstarch
- ☐ 3 tablespoons raspberry gelatin (4-serving size)
- ☐ 3 cups strawberries sliced
- ☐ 1 cup blueberries
- ☐ 1 cup raspberries
- ☐ 6 ounces pie crust dough

☐ 1 serving whipped cream

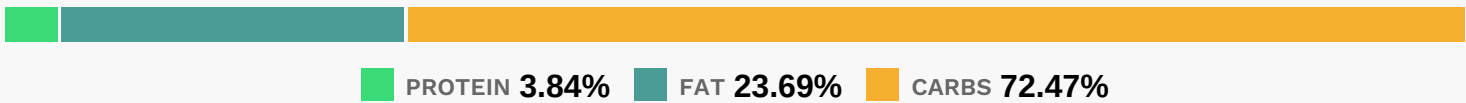
Equipment

☐ sauce pan

Directions

- ☐ Mix water, sugar and cornstarch in 2-quart saucepan.
- ☐ Heat just to boiling over medium heat, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in gelatin until dissolved. Refrigerate about 30 minutes, stirring occasionally, until mixture thickens.
- ☐ Fold berries into gelatin mixture.
- ☐ Pour into crust. Refrigerate about 2 hours or until set.
- ☐ Serve with whipped cream. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:28.89, Glycemic Load:15.47, Inflammation Score:-3, Nutrition Score:6.3721739414917%

Flavonoids

Cyanidin: 9.34mg, Cyanidin: 9.34mg, Cyanidin: 9.34mg, Cyanidin: 9.34mg Petunidin: 5.94mg, Petunidin: 5.94mg, Petunidin: 5.94mg, Petunidin: 5.94mg Delphinidin: 6.92mg, Delphinidin: 6.92mg, Delphinidin: 6.92mg, Delphinidin: 6.92mg Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg Pelargonidin: 13.57mg, Pelargonidin: 13.57mg, Pelargonidin: 13.57mg, Pelargonidin: 13.57mg Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 224.53kcal (11.23%), Fat: 6.09g (9.37%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 41.92g (13.97%), Net Carbohydrates: 38.87g (14.14%), Sugar: 26.18g (29.09%), Cholesterol: 0.57mg (0.19%), Sodium: 101.98mg (4.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin C: 37.48mg (45.43%), Manganese: 0.47mg (23.36%), Fiber: 3.05g (12.19%), Folate: 32.2µg (8.05%), Vitamin K: 7.49µg (7.14%), Vitamin B1: 0.08mg (5.56%), Iron: 0.95mg (5.29%), Vitamin B3: 0.95mg (4.75%), Potassium: 141.86mg (4.05%), Phosphorus: 39.47mg (3.95%), Vitamin B2: 0.07mg (3.91%), Copper: 0.08mg (3.81%), Magnesium: 15.11mg (3.78%), Vitamin E: 0.5mg (3.3%), Vitamin B6: 0.05mg (2.71%), Selenium: 1.83µg (2.62%), Vitamin B5: 0.23mg (2.29%), Calcium: 19.49mg (1.95%), Zinc: 0.27mg (1.82%)