



Old Fashioned Strawberry Pie

READY IN



45 min.

SERVINGS



8

CALORIES



416 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 4 cups strawberries fresh
- 2 9-inch unbaked pie crusts ()
- 1.3 cups sugar white

Equipment

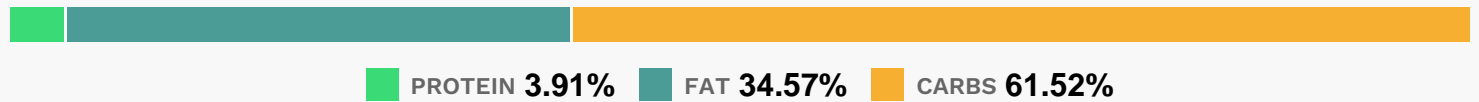
- frying pan

- oven
- pie form

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Place one crust in a nine inch pie pan.
- Mix together sugar, flour, and cinnamon.
- Mix lightly through the berries.
- Pour filling into pastry lined pan, and dot fruit with butter or margarine. Cover with top crust, and cut slits in the top. Seal and flute the edges.
- Bake for 35 to 45 minutes, or until the crust is slightly browned.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:26.33, Inflammation Score:-4, Nutrition Score:8.5186956074575%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 416.21kcal (20.81%), Fat: 16.24g (24.99%), Saturated Fat: 5.9g (36.86%), Carbohydrates: 65.04g (21.68%), Net Carbohydrates: 62.14g (22.6%), Sugar: 34.73g (38.59%), Cholesterol: 7.53mg (2.51%), Sodium: 228.15mg (9.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.27%), Vitamin C: 42.34mg (51.32%), Manganese: 0.56mg (27.88%), Folate: 61.92µg (15.48%), Vitamin B1: 0.2mg (13.06%), Fiber: 2.9g (11.59%), Iron: 1.86mg (10.35%), Vitamin B3: 1.94mg (9.69%), Vitamin B2: 0.13mg (7.87%), Selenium: 5.13µg (7.33%), Phosphorus: 59.83mg (5.98%), Vitamin K: 5.53µg (5.27%), Potassium: 166.24mg (4.75%), Magnesium: 18.15mg (4.54%), Copper: 0.08mg (4.11%), Vitamin E: 0.53mg (3.51%), Vitamin B5: 0.32mg (3.2%), Vitamin B6: 0.06mg (3.07%), Zinc: 0.37mg (2.47%), Calcium: 24.21mg (2.42%), Vitamin A: 96.97IU (1.94%)