



## OREO® Angel Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



170 kcal

DESSERT

### Ingredients

- 1 cup blueberries
- 1 tsp calumet baking powder
- 3 egg whites
- 1 cup cool whip free whipped topping thawed
- 10 reduced fat oreo cookies coarsely chopped
- 1 cup strawberries sliced
- 0.7 cup sugar

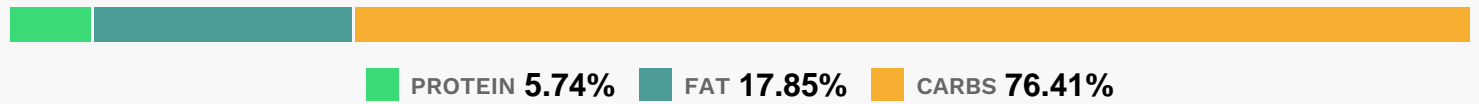
### Equipment

- oven
- hand mixer

## Directions

- Beat egg whites with electric mixer on high speed until soft peaks form.
- Mix sugar and baking powder; gradually add to egg whites, beating until stiff and glossy. Gently stir in chopped cookies.
- Spread into lightly greased 9-inch pie plate.
- Bake at 350F for 25 to 30 minutes or until lightly browned. Cool completely.
- Spread whipped topping into crust; top with berries.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:30.26, Glycemic Load:13.1, Inflammation Score:-2, Nutrition Score:4.621739105038%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 170.22kcal (8.51%), Fat: 3.52g (5.42%), Saturated Fat: 1.12g (7.03%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 32.64g (11.87%), Sugar: 27.04g (30.05%), Cholesterol: 1.5mg (0.5%), Sodium: 150.41mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.09%), Vitamin C: 12.38mg (15%), Manganese: 0.24mg (11.77%), Iron: 2.03mg (11.28%), Vitamin B2: 0.16mg (9.28%), Vitamin K: 8.1µg (7.72%), Calcium: 54.94mg (5.49%), Fiber: 1.28g (5.11%), Selenium: 3.5µg (5%), Phosphorus: 42.25mg (4.22%), Folate: 16.62µg (4.16%), Copper: 0.07mg (3.74%), Vitamin B1: 0.05mg (3.67%), Vitamin E: 0.54mg (3.58%), Magnesium: 12.66mg (3.16%), Potassium: 105.81mg (3.02%), Vitamin B3: 0.58mg (2.91%), Vitamin B12: 0.15µg (2.48%), Vitamin B6: 0.03mg (1.68%), Zinc: 0.2mg (1.33%), Vitamin B5: 0.11mg (1.12%)