



Outrageous Strawberry Pie

READY IN



165 min.

SERVINGS



8

CALORIES



156 kcal

Ingredients

- ☐ 1 cup water boiling
- ☐ 1 box strawberries wild strawberry-flavored (4-serving size)
- ☐ 0.7 cup vanilla yogurt fat free 99% yoplait® (from 2-lb container)
- ☐ 1.3 cups corn flakes/bran flakes
- ☐ 1.3 cups pretzel twists
- ☐ 0.3 cup butter melted
- ☐ 1.5 cups strawberries fresh sliced
- ☐ 1 cup cool whip fat-free
- ☐ 4 medium strawberries fresh cut in half

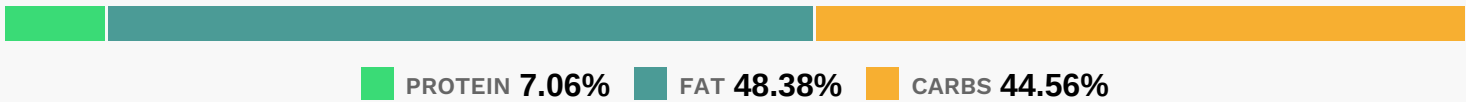
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ In medium bowl, pour boiling water on gelatin; stir until gelatin is dissolved. Stir in yogurt until melted and smooth. Cover; refrigerate about 1 hour 30 minutes or until thickened but not set.
- ☐ Meanwhile, heat oven to 350°F.
- ☐ Place cereal and pretzels in food-storage plastic bag; crush with rolling pin to make 1 1/2 cups. In small bowl, stir crushed cereal mixture and melted butter until well mixed. Press mixture firmly in bottom of ungreased 9-inch glass pie plate.
- ☐ Bake about 10 minutes or until crust is light golden brown. Set aside to cool.
- ☐ Beat gelatin mixture with electric mixer on high speed 7 to 8 minutes or until doubled in volume. Fold in sliced strawberries; pour over crust. Cover; refrigerate at least 1 hour or until firm.
- ☐ To serve, cut pie into wedges. Top with whipped topping and strawberry halves. Refrigerate any remaining pie.

Nutrition Facts



Properties

Glycemic Index:34.41, Glycemic Load:7.81, Inflammation Score:-6, Nutrition Score:8.1100000143051%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 8.23mg, Pelargonidin: 8.23mg, Pelargonidin: 8.23mg, Pelargonidin: 8.23mg Peonidin: 0.02mg,

Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 155.93kcal (7.8%), Fat: 8.76g (13.48%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 16.09g (5.85%), Sugar: 7.25g (8.05%), Cholesterol: 2.52mg (0.84%), Sodium: 227.32mg (9.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin C: 19.8mg (24%), Manganese: 0.41mg (20.68%), Folate: 65.59µg (16.4%), Vitamin B2: 0.22mg (12.91%), Iron: 2.21mg (12.26%), Vitamin A: 523.73IU (10.47%), Vitamin B12: 0.57µg (9.48%), Vitamin B1: 0.14mg (9.38%), Fiber: 2.07g (8.28%), Phosphorus: 80.63mg (8.06%), Vitamin B3: 1.58mg (7.9%), Vitamin B6: 0.15mg (7.42%), Selenium: 4.99µg (7.13%), Magnesium: 25.14mg (6.29%), Calcium: 58.61mg (5.86%), Potassium: 157.61mg (4.5%), Zinc: 0.63mg (4.2%), Copper: 0.07mg (3.33%), Vitamin E: 0.48mg (3.21%), Vitamin B5: 0.24mg (2.39%), Vitamin D: 0.21µg (1.38%)