



## Raw Vegan Strawberry Pie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



10

CALORIES



205 kcal

### Ingredients

- 1 cup almonds
- 2 cups coconut or shredded
- 2 tablespoons coconut oil
- 1 cup dates pitted
- 1 pinch salt
- 3 strawberries sliced

### Equipment

- blender
- pie form

# Directions

- Place almonds, 1 cup coconut, dates, 2 tablespoons coconut oil, and salt in a blender. Puree until ingredients form a dough.
- Press dough into a pie pan to form the crust.
- Place 2 cups strawberries, 2 cups coconut, 2 tablespoons coconut oil, and salt in a blender. Puree into a cream.
- Pour cream over the crust. Top with sliced strawberries. Refrigerate until cream is thickened, about 2 hours.

# Nutrition Facts



**PROTEIN 7.14%**   **FAT 62.4%**   **CARBS 30.46%**

# Properties

Glycemic Index:13.4, Glycemic Load:5.44, Inflammation Score:-3, Nutrition Score:7.1613042785422%

# Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

# Nutrients (% of daily need)

Calories: 205.37kcal (10.27%), Fat: 15.34g (23.6%), Saturated Fat: 7.61g (47.57%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 12.37g (4.5%), Sugar: 11.11g (12.35%), Cholesterol: 0mg (0%), Sodium: 7.55mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Manganese: 0.62mg (30.96%), Vitamin E: 3.72mg (24.8%), Fiber: 4.48g (17.9%), Magnesium: 50.52mg (12.63%), Copper: 0.25mg (12.45%), Vitamin B2: 0.18mg (10.39%), Phosphorus: 96.84mg (9.68%), Potassium: 263.72mg (7.53%), Iron: 1.09mg (6.03%), Calcium: 47.05mg (4.7%), Zinc: 0.67mg (4.47%), Vitamin B3: 0.8mg (4.02%), Selenium: 2.66µg (3.8%), Folate: 14.11µg (3.53%), Vitamin C: 2.7mg (3.28%), Vitamin B1: 0.05mg (3.23%), Vitamin B6: 0.05mg (2.71%), Vitamin B5: 0.21mg (2.06%)