



Skinny Strawberries and Cream Pie

READY IN



320 min.

SERVINGS



8

CALORIES



259 kcal

DESSERT

Ingredients

- 1.3 cups flour all-purpose
- 0.3 teaspoon salt
- 0.3 cup canola oil
- 3 tablespoons water cold
- 8 oz weight cream cheese fat-free softened
- 2 tablespoons sugar
- 6 oz vanilla yogurt french yoplait®
- 0.5 teaspoon vanilla
- 0.3 teaspoon almond extract

- 1 cup cool whip fat-free frozen thawed ()
- 4 cups strawberries fresh whole
- 2 tablespoons semi chocolate chips
- 0.5 teaspoon canola oil

Equipment

- bowl
- oven
- hand mixer
- microwave
- rolling pin

Directions

- Heat oven to 425°F. In medium bowl, mix flour, salt and 1/4 cup oil with fork until mixture is consistency of coarse crumbs.
- Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all water is absorbed and dough sticks together.
- Gather dough into a ball; flatten to 4-inch round.
- Place between sheets of waxed paper. With rolling pin, roll dough into 12-inch round.
- Remove top sheet of waxed paper. Carefully transfer dough round to 9-inch glass pie plate; remove waxed paper. Gently press in bottom and up side of plate, being careful not to stretch dough.
- Fold and roll edge under, even with plate; flute edge. Prick bottom and side of dough thoroughly with fork.
- Bake 15 to 18 minutes or until light golden brown. Cool completely, about 30 minutes.
- In large bowl, beat cream cheese with electric mixer on high speed 30 to 60 seconds or until fluffy. Beat in sugar until blended.
- Add yogurt, vanilla and almond extract; beat on low speed 30 to 60 seconds until well blended and smooth. Fold in whipped topping just until blended. Spoon into cooled crust; spread gently to edge. Refrigerate at least 4 hours or until chilled.

- Cut pie into 8 servings. Top each serving with strawberries, pointed ends up. In small microwavable bowl, microwave chocolate chips and 1/2 teaspoon oil on High 30 to 45 seconds or until chips can be stirred smooth.
- Drizzle chocolate over strawberries. Store pie in refrigerator.

Nutrition Facts

■ PROTEIN **13.23%**
■ FAT **34.91%**
■ CARBS **51.86%**

Properties

Glycemic Index:23.14, Glycemic Load:15.23, Inflammation Score:-5, Nutrition Score:11.769565188366%

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: 259.11kcal (12.96%), Fat: 10.13g (15.59%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 33.88g (11.29%), Net Carbohydrates: 31.54g (11.47%), Sugar: 13.98g (15.54%), Cholesterol: 6.19mg (2.06%), Sodium: 294.32mg (12.8%), Alcohol: 0.13g (100%), Alcohol %: 0.1% (100%), Caffeine: 3.22mg (1.08%), Protein: 8.64g (17.29%), Vitamin C: 42.51mg (51.52%), Manganese: 0.48mg (23.83%), Phosphorus: 232.9mg (23.29%), Vitamin B2: 0.3mg (17.49%), Folate: 69.26µg (17.31%), Calcium: 163.25mg (16.32%), Selenium: 10.4µg (14.85%), Vitamin B1: 0.22mg (14.41%), Vitamin E: 1.53mg (10.2%), Fiber: 2.34g (9.36%), Vitamin B12: 0.53µg (8.79%), Iron: 1.57mg (8.74%), Vitamin B3: 1.66mg (8.32%), Potassium: 289.84mg (8.28%), Magnesium: 31.04mg (7.76%), Vitamin K: 7.19µg (6.85%), Zinc: 0.98mg (6.52%), Copper: 0.13mg (6.38%), Vitamin B5: 0.55mg (5.48%), Vitamin B6: 0.08mg (3.98%), Vitamin A: 51.09IU (1.02%)