



Strawberry and Cream Pie

READY IN



500 min.

SERVINGS



10

CALORIES



952 kcal

DESSERT

Ingredients

- ☐ 8 tablespoons butter (1 stick)
- ☐ 1.5 cups confectioners' sugar
- ☐ 2 eggs beaten
- ☐ 8 inch graham cracker crust
- ☐ 10 servings mint leaves for garnish
- ☐ 1.5 cups strawberries sweetened drained sliced
- ☐ 10 servings strawberries whole for garnish
- ☐ 0.5 cup sugar
- ☐ 1 cup whipped cream

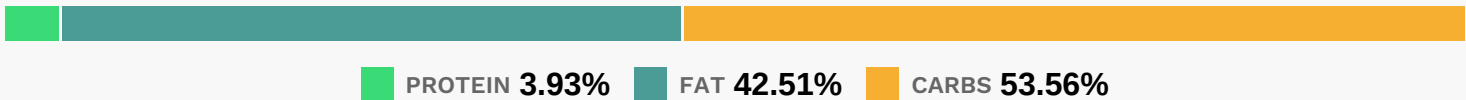
Equipment

☐ hand mixer

Directions

- ☐ With an electric mixer, cream together butter and powdered sugar; add eggs. Beat ingredients until fluffy.
- ☐ Spread over crust. Chill.
- ☐ Meanwhile, mix whipped cream with 1/4 cup sugar. Toss strawberries with 1/4 cup sugar.
- ☐ Spread half the whipped cream over pie, then add the strawberries. Top with remaining whipped cream. Chill for at least 8 hours.
- ☐ Garnish with whole berries and mint leaves.

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:11.16, Inflammation Score:-7, Nutrition Score:23.216956418494%

Flavonoids

Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 41.15mg, Pelargonidin: 41.15mg, Pelargonidin: 41.15mg, Pelargonidin: 41.15mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 5.15mg, Catechin: 5.15mg, Catechin: 5.15mg, Catechin: 5.15mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

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Nutrients (% of daily need)

Calories: 951.88kcal (47.59%), Fat: 45.52g (70.03%), Saturated Fat: 13.69g (85.56%), Carbohydrates: 129.06g (43.02%), Net Carbohydrates: 123.08g (44.76%), Sugar: 60.82g (67.57%), Cholesterol: 61.38mg (20.46%), Sodium: 727.98mg (31.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.96%), Manganese: 2.4mg (120.25%), Vitamin C: 97.69mg (118.41%), Folate: 133.94µg (33.48%), Vitamin K: 34.22µg (32.59%), Vitamin B3: 5.05mg (25.25%), Iron: 4.44mg (24.67%), Fiber: 5.98g (23.9%), Vitamin E: 3.39mg (22.58%), Phosphorus: 225.05mg (22.5%), Vitamin B2: 0.38mg (22.47%), Vitamin B1: 0.3mg (19.81%), Copper: 0.4mg (19.75%), Zinc: 2.09mg (13.94%), Magnesium: 55.55mg (13.89%), Potassium: 436.95mg (12.48%), Selenium: 7.26µg (10.38%), Vitamin B6: 0.2mg (10.01%), Vitamin A: 432.22IU (8.64%), Calcium: 82.32mg (8.23%), Vitamin B5: 0.62mg (6.18%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.2µg (1.33%)