



Strawberry Butter Cracker Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 14 buttery round crackers crushed
- ☐ 3 egg whites
- ☐ 0.7 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 cups strawberries fresh sliced
- ☐ 1 teaspoon vanilla extract
- ☐ 8 ounce non-dairy whipped topping frozen thawed

☐ 1 cup sugar white

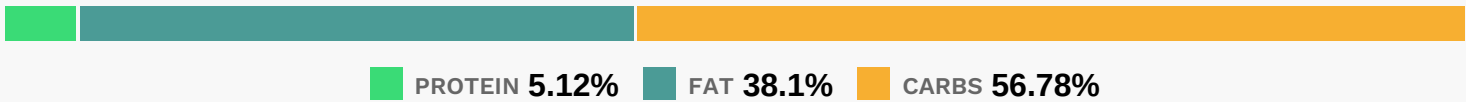
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch pie pan.
- ☐ In a large glass or metal mixing bowl, beat egg whites until foamy. Gradually add sugar, baking powder, salt and vanilla continuing to beat until whites form stiff peaks.
- ☐ Gently fold crackers and pecans into meringue mixture.
- ☐ Pour into pie pan.
- ☐ Bake in preheated oven for 30 minutes. Cover and refrigerate overnight.
- ☐ When ready to serve, completely cover pie with whipped topping, then arrange strawberry slices on top.

Nutrition Facts



Properties

Glycemic Index:26.51, Glycemic Load:18.37, Inflammation Score:-2, Nutrition Score:5.9800000035244%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg

0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 267.29kcal (13.36%), Fat: 11.68g (17.97%), Saturated Fat: 4.06g (25.35%), Carbohydrates: 39.17g (13.06%), Net Carbohydrates: 37.45g (13.62%), Sugar: 34.33g (38.15%), Cholesterol: 0.57mg (0.19%), Sodium: 185.22mg (8.05%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 3.53g (7.06%), Manganese: 0.58mg (28.98%), Vitamin C: 21.27mg (25.78%), Phosphorus: 76.31mg (7.63%), Copper: 0.14mg (7.02%), Fiber: 1.71g (6.85%), Vitamin B2: 0.11mg (6.69%), Vitamin B1: 0.1mg (6.53%), Calcium: 56.16mg (5.62%), Selenium: 3.81µg (5.45%), Magnesium: 20.02mg (5%), Vitamin K: 4.64µg (4.42%), Potassium: 146.84mg (4.2%), Folate: 15.72µg (3.93%), Iron: 0.69mg (3.84%), Vitamin E: 0.56mg (3.71%), Zinc: 0.53mg (3.53%), Vitamin B3: 0.54mg (2.72%), Vitamin B6: 0.05mg (2.28%), Vitamin B5: 0.16mg (1.64%), Vitamin B12: 0.07µg (1.11%)