



Strawberry Chiffon Pie

 Dairy Free

READY IN



310 min.

SERVINGS



10

CALORIES



155 kcal

Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 10 servings ice cubes
- 2 Tbsp juice of lime
- 1.5 tsp lime zest grated
- 8 strawberries finely chopped
- 1 pkg jell-o strawberry flavor gelatin (4-serving size)
- 0.5 cup water cold
- 0.7 cup water boiling
- 2 cups cool whip whipped topping thawed

Equipment

- bowl
- whisk

Directions

- Stir boiling water into dry gelatin mix in large bowl at least 2 min. until completely dissolved.
- Add enough ice cubes to cold water to measure 1 cup.
- Add to gelatin; stir until ice is completely melted. Stir in lime zest and juice.
- Add whipped topping; stir with wire whisk until well blended. Stir in strawberries. Refrigerate 1 hour or until mixture is thick and will mound. Spoon into crust.
- Refrigerate at least 4 hours or overnight. Store any leftovers in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:2.8199999850729%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 155.12kcal (7.76%), Fat: 6.21g (9.56%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 22.66g (8.24%), Sugar: 14.46g (16.06%), Cholesterol: 0.3mg (0.1%), Sodium: 134.87mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Manganese: 0.26mg (12.87%), Vitamin C: 6.63mg (8.04%), Phosphorus: 45.76mg (4.58%), Vitamin K: 4.42µg (4.21%), Folate: 14.39µg (3.6%), Copper: 0.07mg (3.42%), Vitamin B2: 0.06mg (3.28%), Vitamin B3: 0.61mg (3.03%), Iron: 0.51mg (2.85%), Vitamin E: 0.42mg (2.83%), Vitamin B1: 0.04mg (2.51%), Fiber: 0.54g (2.14%), Calcium: 20.4mg (2.04%), Selenium: 1.41µg (2.02%), Magnesium: 7.47mg (1.87%), Zinc: 0.25mg (1.69%), Potassium: 53.47mg (1.53%), Vitamin B6: 0.02mg (1.09%)