



Strawberry-Chocolate Freezer Pie



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

Ingredients

☐ 3 cups strawberry ice cream light frozen softened

☐ 1 cup strawberries sliced

☐ 8 servings whipped cream light

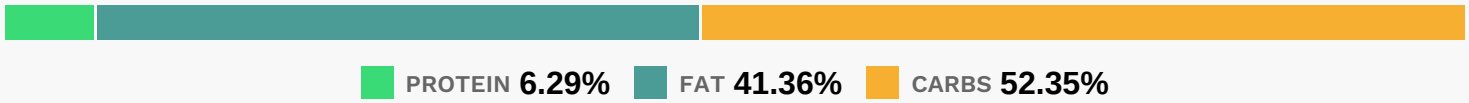
Equipment

Directions

☐ Spread ice cream evenly over crust. Dip a large spoon in hot water and run it over icecream to smooth the top.

- ☐
- Place pie in freezer until solid, 2 hours or up to 3 days. Before serving, spray a border of whipped cream (about 1 cup) around edge of pie. Mound strawberries in center.
- ☐
- Self

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:3.3656522074471%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 116.22kcal (5.81%), Fat: 5.55g (8.53%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 15.79g (5.26%), Net Carbohydrates: 14.99g (5.45%), Sugar: 1.36g (1.51%), Cholesterol: 18.92mg (6.3%), Sodium: 30.36mg (1.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin C: 14.4mg (17.45%), Vitamin B2: 0.13mg (7.89%), Calcium: 68.34mg (6.83%), Phosphorus: 59.16mg (5.92%), Manganese: 0.11mg (5.41%), Vitamin A: 201.66IU (4.03%), Vitamin B5: 0.4mg (3.97%), Potassium: 129.42mg (3.7%), Fiber: 0.81g (3.22%), Vitamin B12: 0.17µg (2.77%), Folate: 10.44µg (2.61%), Magnesium: 9.93mg (2.48%), Vitamin B1: 0.03mg (1.92%), Vitamin B6: 0.04mg (1.78%), Selenium: 1.1µg (1.57%), Zinc: 0.22mg (1.44%), Copper: 0.03mg (1.38%)