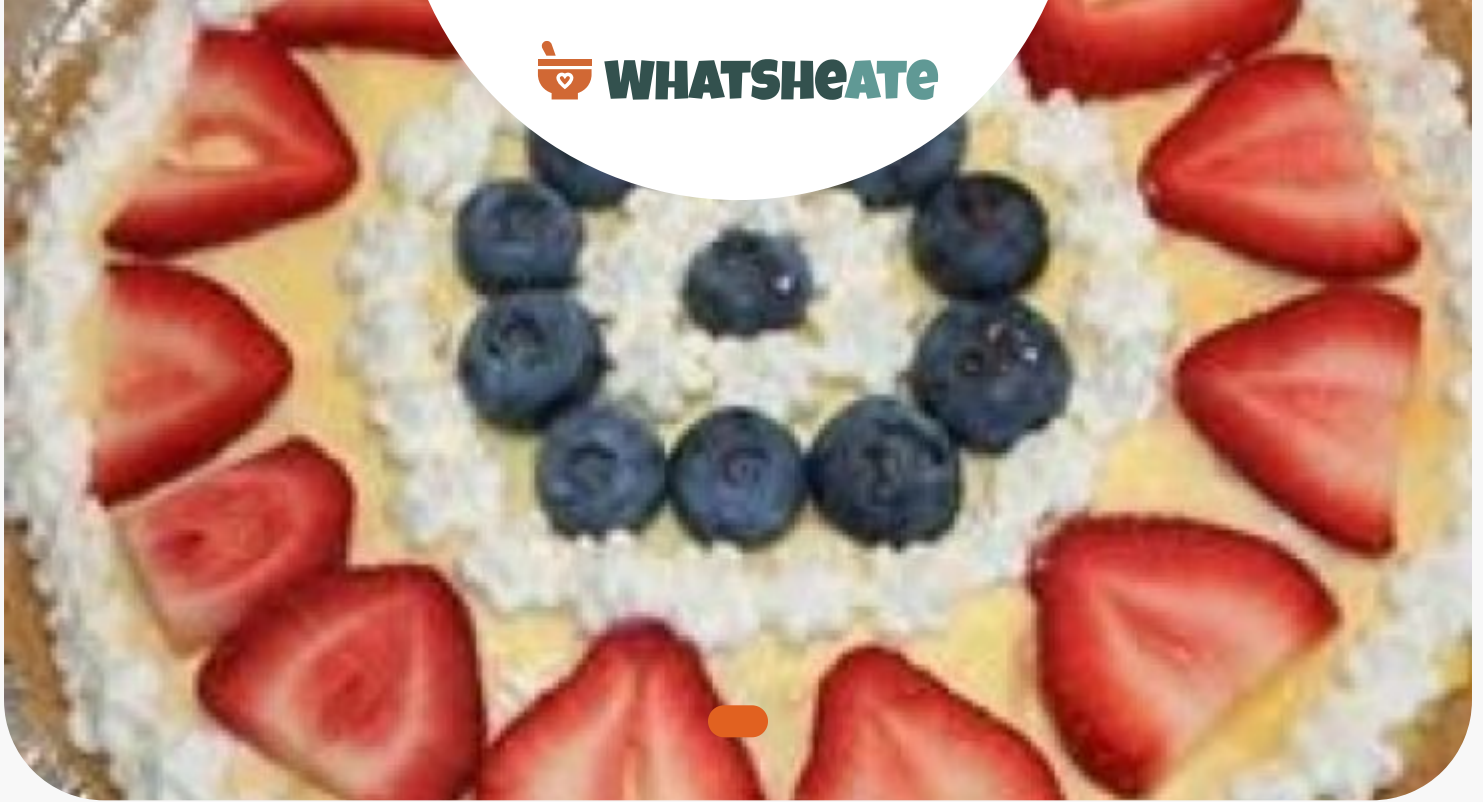




Strawberry Delight Dessert Pie

READY IN



300 min.

SERVINGS



15

CALORIES



280 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 8 ounce cream cheese
- ☐ 1.5 cups graham cracker crumbs
- ☐ 6.8 ounce vanilla pudding mix instant
- ☐ 3.5 cups milk
- ☐ 2 pints strawberries fresh sliced
- ☐ 3.5 cups non-dairy whipped topping frozen thawed
- ☐ 0.3 cup sugar white

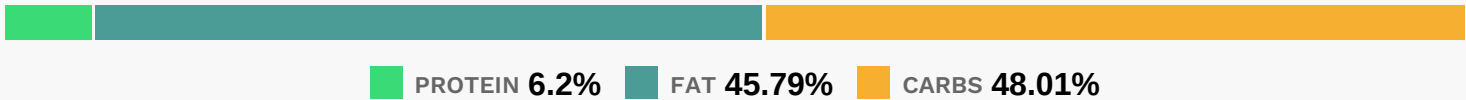
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium bowl, mix graham cracker crumbs, 1/4 cup sugar and melted butter until well blended . Press mixture into the bottom of a 9x13 inch pan. Chill in freezer while you make the filling.
- ☐ In a large bowl, beat the cream cheese with 1/4 cup sugar and 2 tablespoons milk until smooth. Fold in 1/2 of the whipped topping..
- ☐ Spread filling over crust.
- ☐ Place the strawberries in an even layer over filling. Prepare instant pudding as directed on package, but using only 3 1/2 cups milk.
- ☐ Spread prepared pudding over strawberries. Chill 4 hours or overnight.
- ☐ Before serving, spread remaining whipped topping over pudding.

Nutrition Facts



Properties

Glycemic Index:19.94, Glycemic Load:9.52, Inflammation Score:-5, Nutrition Score:7.4443479206251%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 15.68mg, Pelargonidin: 15.68mg, Pelargonidin: 15.68mg, Pelargonidin: 15.68mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg

Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 279.79kcal (13.99%), Fat: 14.5g (22.3%), Saturated Fat: 8.84g (55.22%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 32.58g (11.85%), Sugar: 25.98g (28.87%), Cholesterol: 33.3mg (11.1%), Sodium: 251.78mg (10.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Vitamin C: 37.1mg (44.97%), Manganese: 0.25mg (12.43%), Phosphorus: 120.21mg (12.02%), Calcium: 115.74mg (11.57%), Vitamin B2: 0.17mg (9.83%), Vitamin A: 441.87IU (8.84%), Potassium: 238.28mg (6.81%), Fiber: 1.62g (6.5%), Vitamin B12: 0.38µg (6.4%), Magnesium: 22.68mg (5.67%), Folate: 21.04µg (5.26%), Vitamin B1: 0.07mg (4.89%), Selenium: 3.24µg (4.63%), Vitamin B6: 0.08mg (4.25%), Vitamin D: 0.63µg (4.18%), Zinc: 0.59mg (3.9%), Vitamin B5: 0.38mg (3.83%), Vitamin E: 0.55mg (3.64%), Iron: 0.65mg (3.63%), Vitamin B3: 0.65mg (3.27%), Vitamin K: 2.79µg (2.66%), Copper: 0.04mg (2.04%)