



Strawberry Dream Pie

READY IN



135 min.

SERVINGS



8

CALORIES



1142 kcal

DESSERT

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 9 inch graham cracker crust prepared
- ☐ 2 teaspoons grenadine syrup
- ☐ 1 cup strawberries fresh
- ☐ 0.3 cup strawberry preserves
- ☐ 1.5 cups non-dairy whipped topping frozen thawed
- ☐ 2 teaspoons sugar white

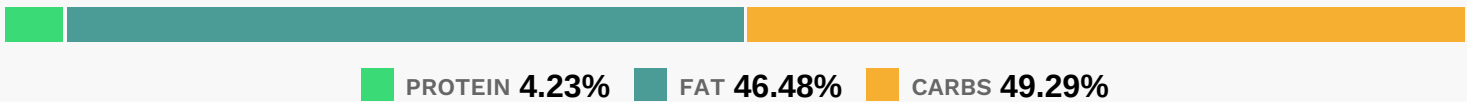
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ In a bowl, mix the cream cheese and strawberry preserves. Fold in the whipped topping. Scoop the mixture into the prepared pie crust, and set aside.
- ☐ In a blender or food processor, blend the strawberries, sugar, and grenadine syrup until slightly chunky.
- ☐ Spread over the cream cheese mixture. Chill in the refrigerator at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:36.51, Glycemic Load:7.82, Inflammation Score:-6, Nutrition Score:20.82304364702%

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: 1141.9kcal (57.09%), Fat: 59.09g (90.91%), Saturated Fat: 16.88g (105.51%), Carbohydrates: 141g (47%), Net Carbohydrates: 136.85g (49.76%), Sugar: 48.45g (53.83%), Cholesterol: 28.91mg (9.64%), Sodium: 1005.06mg (43.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.09g (24.18%), Manganese: 2.54mg (126.98%), Vitamin K: 43.13µg (41.08%), Folate: 133.16µg (33.29%), Vitamin B3: 6.27mg (31.36%), Vitamin B2: 0.5mg (29.43%),

Iron: 5.16mg (28.68%), Phosphorus: 271.57mg (27.16%), Vitamin E: 3.92mg (26.14%), Vitamin B1: 0.37mg (24.52%), Copper: 0.46mg (22.81%), Zinc: 2.58mg (17.21%), Fiber: 4.15g (16.6%), Vitamin C: 11.83mg (14.34%), Magnesium: 50.49mg (12.62%), Selenium: 8.12µg (11.6%), Calcium: 98.76mg (9.88%), Vitamin B6: 0.18mg (8.77%), Potassium: 306.63mg (8.76%), Vitamin A: 395.21IU (7.9%), Vitamin B5: 0.53mg (5.27%), Vitamin B12: 0.09µg (1.51%)