



Strawberry Frozen Yogurt Pie with Balsamic Syrup

 Dairy Free

READY IN



375 min.

SERVINGS



12

CALORIES



232 kcal

DESSERT

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 3 cups vanilla yogurt frozen softened
- ☐ 12 servings buttery pie pastry
- ☐ 1.5 cups strawberries fresh whole halved quartered (leave small ones)
- ☐ 0.8 cup best-quality strawberry preserves whole (preferably berries)
- ☐ 2 tablespoons sugar

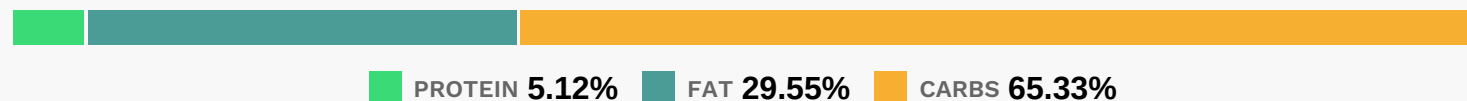
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ tart form

Directions

- ☐ Press cold pastry over bottom and up sides of a 9-in. tart pan with a removable rim and trim edges even with top of pan. Chill 30 minutes. Meanwhile, preheat oven to 37
- ☐ Bake pastry on bottom rack of oven until golden brown, 25 to 30 minutes.
- ☐ Let cool completely.
- ☐ Stir frozen yogurt until smooth, then stir in preserves. Spoon into tart pan, set on a plate, and freeze at least 5 hours.
- ☐ Simmer balsamic vinegar, sugar, and 1 tbsp. water in a small saucepan over medium heat (do not let boil) until it coats a spoon, about 10 minutes.
- ☐ Let cool.
- ☐ Top pie with strawberries. Thin syrup with water if necessary and drizzle onto each wedge of pie.
- ☐ Let the pie soften for 5 minutes at room temp to make slicing easier.
- ☐ If you're having trouble freeing your pie from its pan, set it over a bowl of hot water for a couple of minutes and then slide a thin knife between the pan edge and the crust. It should pop right out.
- ☐ Make ahead: Once the pie is fully frozen through step 3, it keeps for up to 4 days, double-wrapped in plastic wrap. Make the syrup and top the pie just before serving.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:10.18, Inflammation Score:-2, Nutrition Score:4.3443477924751%

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: 231.56kcal (11.58%), Fat: 7.63g (11.74%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 36.84g (13.4%), Sugar: 22.62g (25.13%), Cholesterol: 0.72mg (0.24%), Sodium: 126.45mg (5.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin C: 12.74mg (15.44%), Manganese: 0.18mg (9.16%), Vitamin B2: 0.14mg (8.07%), Phosphorus: 71.11mg (7.11%), Calcium: 64.1mg (6.41%), Folate: 23.69µg (5.92%), Vitamin B1: 0.08mg (5.3%), Iron: 0.88mg (4.88%), Fiber: 1.13g (4.5%), Potassium: 146.46mg (4.18%), Selenium: 2.91µg (4.15%), Vitamin B3: 0.75mg (3.77%), Vitamin B5: 0.34mg (3.45%), Copper: 0.06mg (3.09%), Magnesium: 12.06mg (3.01%), Vitamin B6: 0.05mg (2.61%), Vitamin K: 2.06µg (1.96%), Zinc: 0.29mg (1.93%), Vitamin B12: 0.1µg (1.74%), Vitamin A: 78.69IU (1.57%), Vitamin E: 0.22mg (1.43%)