



## Strawberry Fruited Pie

 Dairy Free

READY IN



285 min.

SERVINGS



8

CALORIES



65 kcal

### Ingredients

- 3 Tbsp graham cracker crushed
- 1 cup ice cubes
- 4 cups strawberries fresh sliced
- 0.6 oz jell-o strawberry flavor gelatin sugar free
- 1.5 cups water boiling
- 0.5 cup cool whip whipped topping sugar free thawed

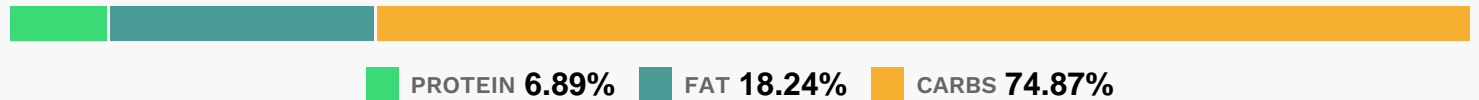
### Equipment

- bowl

## Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Add ice; stir until melted. Refrigerate 30 min. or until slightly thickened.
- Stir in berries.
- Pour into 9-inch pie plate sprayed with cooking spray.
- Sprinkle crumbs around edge of pie.
- Refrigerate 4 hours or until firm.
- Serve topped with COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:4.62, Inflammation Score:-3, Nutrition Score:4.7913043453642%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 65.14kcal (3.26%), Fat: 1.38g (2.13%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 11.15g (4.06%), Sugar: 7.73g (8.59%), Cholesterol: 0.09mg (0.03%), Sodium: 54.22mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.35%), Vitamin C: 42.34mg (51.32%), Manganese: 0.28mg (13.91%), Fiber: 1.63g (6.51%), Folate: 20.03µg (5.01%), Potassium: 124.85mg (3.57%), Phosphorus: 34.94mg (3.49%),

Magnesium: 13.74mg (3.44%), Iron: 0.53mg (2.95%), Copper: 0.05mg (2.55%), Vitamin B3: 0.49mg (2.46%), Calcium: 21.51mg (2.15%), Vitamin B1: 0.03mg (2.06%), Vitamin B6: 0.04mg (2.02%), Vitamin B2: 0.03mg (2.01%), Vitamin K: 1.73µg (1.65%), Vitamin E: 0.23mg (1.55%), Zinc: 0.22mg (1.47%)