



## Strawberry JELL-O Pie

 Dairy Free

READY IN



140 min.

SERVINGS



20

CALORIES



94 kcal

DESSERT

### Ingredients

- 1.3 cups apple juice
- 3 Tbsp cornstarch
- 6 oz ready-to-use graham cracker crumb crust
- 2 cups strawberries fresh cut in half
- 1 pkg jell-o strawberry flavor gelatin (4-serving size)
- 0.5 cup sugar

### Equipment

- sauce pan

## Directions

- Mix apple juice, sugar and cornstarch in saucepan; cook on medium heat 2 min. or until thickened, stirring constantly.
- Remove from heat.
- Add dry gelatin mix; stir 2 min. until completely dissolved.
- Arrange strawberries, cut-sides down, on bottom of crust; cover with gelatin mixture.
- Refrigerate 2 hours or until firm. Store leftovers in refrigerator.

## Nutrition Facts

**PROTEIN 3.66%** **FAT 20.48%** **CARBS 75.86%**

## Properties

Glycemic Index:7.54, Glycemic Load:4.52, Inflammation Score:-1, Nutrition Score:1.8891304656863%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 94.36kcal (4.72%), Fat: 2.19g (3.37%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 17.76g (6.46%), Sugar: 12.38g (13.76%), Cholesterol: 0mg (0%), Sodium: 60.78mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin C: 8.61mg (10.43%), Manganese: 0.18mg (8.89%), Folate: 9.11µg (2.28%), Vitamin K: 2.17µg (2.07%), Phosphorus: 20.64mg (2.06%), Fiber: 0.49g (1.97%), Iron: 0.31mg (1.74%), Vitamin B3: 0.34mg (1.71%), Copper: 0.03mg (1.69%), Vitamin B2: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.5%), Potassium: 47.73mg (1.36%), Vitamin E: 0.2mg (1.34%), Magnesium: 4.72mg (1.18%)