



Strawberry & peanut crunch pie

READY IN



30 min.

SERVINGS



10

CALORIES



347 kcal

DESSERT

Ingredients

- ☐ 60 g butter melted for greasing
- ☐ 15 digestive biscuits crumbs
- ☐ 85 g crunchy peanut butter
- ☐ 200 g crème fraîche
- ☐ 200 g cream cheese
- ☐ 25 g powdered sugar sifted
- ☐ 0.5 tsp vanilla paste
- ☐ 450 g strawberries ripe (smaller sized ones are best)
- ☐ 2 tbsp powdered sugar for dusting

- ☐
- 40 g peanuts sweet crushed (we used a Mr Tom bar, but you could also use a slab of peanut brittle from a shop)

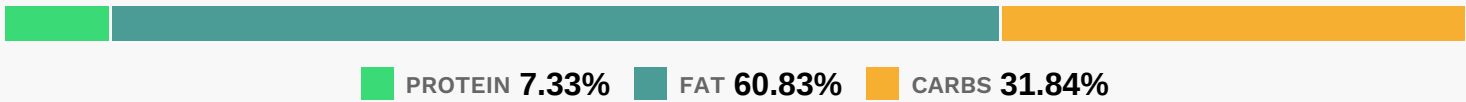
Equipment

- ☐ rolling pin
- ☐ immersion blender

Directions

- ☐ Generously grease a 20cm round sandwich tin and line the base with parchment. Finely crush the biscuits, either in a processor or by putting them into a food bag, squeezing out the air, then bashing with a rolling pin.
- ☐ Work the butter and peanut butter into the biscuits until the mix looks like wet sand. Using the back of a cutlery spoon, press the mix evenly over the base and up the sides of the tin. Once even, go over the crumbs again, pressing and firming to a smooth crust. Chill in the freezer for 30 mins.
- ☐ Beat the filling ingredients together with electric hand beaters until thick. Spoon carefully into the biscuit case, then top with about 25 strawberries. Chill for at least 2 hrs. For the sauce, use a hand blender or processor to pure 200g strawberries with the icing sugar until smooth.
- ☐ When ready to serve, carefully push the very cold pie up out of the tin (standing it on something like an upturned mug will help).
- ☐ Sprinkle over the peanut brittle and extra icing sugar.
- ☐ Serve with the sauce.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:9.5973913410436%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 11.18mg, Pelargonidin: 11.18mg, Pelargonidin: 11.18mg, Pelargonidin: 11.18mg Peonidin: 0.02mg,

Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 347.13kcal (17.36%), Fat: 24.22g (37.26%), Saturated Fat: 10.45g (65.28%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 25.84g (9.4%), Sugar: 13.72g (15.25%), Cholesterol: 44.9mg (14.97%), Sodium: 258.66mg (11.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.13%), Vitamin C: 26.64mg (32.29%), Manganese: 0.61mg (30.29%), Vitamin B3: 2.95mg (14.73%), Phosphorus: 130.32mg (13.03%), Folate: 50.51µg (12.63%), Vitamin A: 548.96IU (10.98%), Fiber: 2.67g (10.7%), Vitamin B2: 0.17mg (10.22%), Magnesium: 39.29mg (9.82%), Vitamin E: 1.37mg (9.14%), Copper: 0.15mg (7.5%), Iron: 1.34mg (7.42%), Vitamin B1: 0.11mg (7.42%), Calcium: 72.52mg (7.25%), Selenium: 5.03µg (7.19%), Potassium: 250.56mg (7.16%), Vitamin B6: 0.12mg (6.15%), Vitamin B5: 0.52mg (5.23%), Zinc: 0.76mg (5.06%), Vitamin K: 5.18µg (4.93%), Vitamin B12: 0.1µg (1.6%)