

Strawberry Pie

READY IN



45 min.

SERVINGS



8

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 2.5 tablespoons butter melted
- ☐ 1.3 cups chocolate wafer crumbs such as nabisco's famous chocolate wafers)
- ☐ 1 envelope gelatin powder unflavored
- ☐ 0.3 cup vanilla-flavored baking chips
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups strawberries sliced
- ☐ 4 cups strawberries sliced
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons water boiling

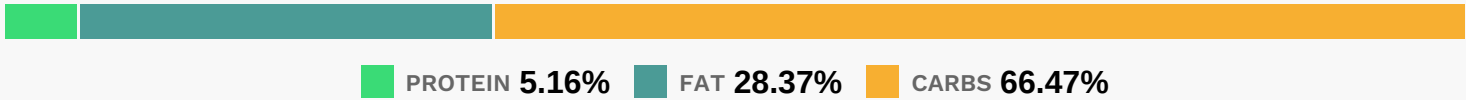
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 40
- ☐ Combine wafer crumbs and butter, tossing with a fork until moistened. Press crumb mixture into a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 400 for 9 minutes. Cool on a wire rack.
- ☐ Place 1 1/2 cups sliced strawberries, sugar, and salt in a blender; process until smooth.
- ☐ Combine boiling water and gelatin in a medium bowl; let stand 5 minutes. Stir until gelatin dissolves. Stir in the pureed strawberry mixture.
- ☐ Spoon 4 cups sliced strawberries into cooled crust.
- ☐ Pour the gelatin mixture evenly over sliced strawberries. Chill, uncovered, 2 hours or until set.
- ☐ Place chips in a small heavy-duty zip-top plastic bag; seal. Submerge bag in very hot water until chips melt. Snip a tiny hole in 1 corner of bag, and drizzle melted chips over pie.

Nutrition Facts



Properties

Glycemic Index:31.2, Glycemic Load:16.98, Inflammation Score:-4, Nutrition Score:7.821304295374%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 24.6mg, Pelargonidin:

24.6mg, Pelargonidin: 24.6mg, Pelargonidin: 24.6mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epicatechin: 0.42mg Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 208.6kcal (10.43%), Fat: 6.37g (9.81%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 31.03g (11.28%), Sugar: 24.69g (27.43%), Cholesterol: 9.76mg (3.25%), Sodium: 169.66mg (7.38%), Alcohol: 2.24g (100%), Alcohol %: 1.93% (100%), Protein: 2.61g (5.22%), Vitamin C: 58.21mg (70.56%), Manganese: 0.52mg (26.02%), Fiber: 2.58g (10.3%), Folate: 32.38µg (8.09%), Copper: 0.15mg (7.7%), Iron: 1.13mg (6.29%), Magnesium: 23.26mg (5.82%), Potassium: 199.29mg (5.69%), Phosphorus: 48.64mg (4.86%), Vitamin B2: 0.08mg (4.73%), Vitamin B3: 0.91mg (4.56%), Vitamin B1: 0.06mg (4.03%), Vitamin E: 0.51mg (3.43%), Vitamin B6: 0.06mg (2.87%), Vitamin K: 2.9µg (2.77%), Selenium: 1.86µg (2.65%), Vitamin A: 123.31IU (2.47%), Calcium: 23.83mg (2.38%), Zinc: 0.34mg (2.29%), Vitamin B5: 0.2mg (1.99%)