

Strawberry Pie II

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 0.5 cup heavy whipping cream
- ☐ 1 9-inch pie crust ()
- ☐ 1 quart strawberries fresh
- ☐ 0.8 cup water
- ☐ 1 cup sugar white

Equipment

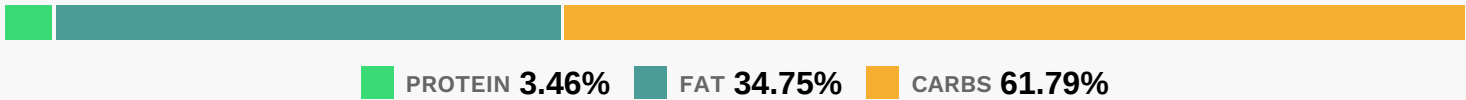
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Arrange half of strawberries in baked pastry shell. Mash remaining berries and combine with sugar in a medium saucepan.
- ☐ Place saucepan over medium heat and bring to a boil, stirring frequently.
- ☐ In a small bowl, whisk together cornstarch and water. Gradually stir cornstarch mixture into boiling strawberry mixture. Reduce heat and simmer mixture until thickened, about 10 minutes, stirring constantly.
- ☐ Pour mixture over berries in pastry shell. Chill for several hours before serving. In a small bowl, whip cream until soft peaks form.
- ☐ Serve each slice of pie with a dollop of whipped cream.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:20.14, Inflammation Score:-5, Nutrition Score:9.2921738119229%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 310.36kcal (15.52%), Fat: 12.32g (18.96%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 49.3g (16.43%), Net Carbohydrates: 46.28g (16.83%), Sugar: 31.17g (34.63%), Cholesterol: 16.81mg (5.6%), Sodium: 109.08mg (4.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Vitamin C: 69.65mg (84.42%), Manganese: 0.57mg (28.49%), Fiber: 3.02g (12.07%), Folate: 46.49µg (11.62%), Vitamin B1: 0.1mg (6.67%), Iron: 1.18mg (6.54%), Potassium: 219.96mg (6.28%), Vitamin B2: 0.1mg (5.96%), Vitamin B3: 1.14mg (5.71%), Phosphorus: 55.41mg (5.54%), Magnesium: 20.48mg (5.12%), Vitamin K: 4.9µg (4.67%), Vitamin A: 233.11IU (4.66%), Copper: 0.08mg (4.2%), Vitamin E: 0.59mg (3.97%), Selenium: 2.58µg (3.68%), Vitamin B6: 0.07mg (3.67%), Calcium: 34.47mg (3.45%), Vitamin B5: 0.29mg (2.87%), Zinc: 0.32mg (2.14%), Vitamin D: 0.24µg (1.59%)