



Strawberry Pie III

READY IN



45 min.

SERVINGS



12

CALORIES



371 kcal

DESSERT

Ingredients

- 0.8 cup butter melted
- 1 cup confectioners' sugar
- 8 ounce cream cheese softened
- 2 cups marshmallows miniature
- 2 cups strawberries frozen
- 6 ounce strawberry jell-o flavored
- 2 cups zwieback toast crushed
- 2 cups water
- 8 ounce non-dairy whipped topping frozen thawed

3 tablespoons sugar white

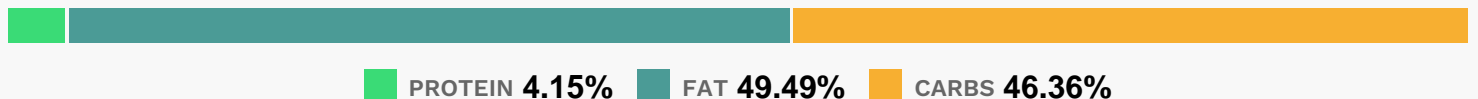
Equipment

- bowl
- sauce pan
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl mix together zwieback crumbs and white sugar. Stir in butter or margarine.
- Mix well and pat mixture into a 9x13 inch baking dish.
- Bake in preheated oven for 12 to 15 minutes, until lightly browned. Set aside and allow to cool.
- In a large mixing bowl, whip cream cheese until fluffy.
- Add confectioners' sugar and beat until smooth. Fold in whipped topping and marshmallows.
- Spread mixture evenly onto cooled crust.
- Boil water in a medium saucepan.
- Remove from heat and add gelatin.
- Mix until dissolved, then stir in partially frozen strawberries.
- Pour mixture over cream cheese layer. Chill until very firm.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:7.02, Inflammation Score:-4, Nutrition Score:4.3008695789005%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 370.82kcal (18.54%), Fat: 20.88g (32.13%), Saturated Fat: 13.3g (83.11%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 43.33g (15.76%), Sugar: 36.48g (40.53%), Cholesterol: 50.04mg (16.68%), Sodium: 283.74mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin C: 14.11mg (17.11%), Vitamin A: 625.23IU (12.5%), Selenium: 5.81µg (8.3%), Phosphorus: 71.75mg (7.18%), Manganese: 0.13mg (6.45%), Vitamin B2: 0.1mg (6.13%), Calcium: 49.91mg (4.99%), Vitamin E: 0.67mg (4.49%), Folate: 16.76µg (4.19%), Vitamin B1: 0.05mg (3.08%), Copper: 0.06mg (2.96%), Potassium: 95.66mg (2.73%), Fiber: 0.68g (2.7%), Vitamin K: 2.78µg (2.65%), Iron: 0.44mg (2.42%), Magnesium: 9.22mg (2.31%), Vitamin B3: 0.44mg (2.18%), Vitamin B5: 0.18mg (1.77%), Vitamin B12: 0.1µg (1.75%), Vitamin B6: 0.03mg (1.56%), Zinc: 0.22mg (1.47%)