



Strawberry Pie V

 Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



1192 kcal

DESSERT

Ingredients

- 5 tablespoons cornstarch
- 18 inch pie shells
- 2 quarts strawberries hulled
- 3 ounce strawberry jell-o® mix flavored
- 2.5 cups water
- 2 cups sugar white

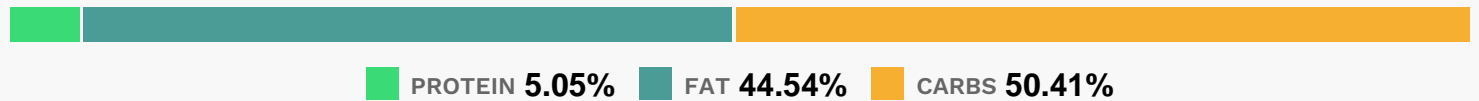
Equipment

- sauce pan

Directions

- In a saucepan, combine water, sugar and cornstarch. Cook over medium high heat, stirring constantly, until mixture boils and thickens.
- Remove from heat and stir in the strawberry gelatin. Allow to cool slightly.
- Arrange strawberries in the pie crusts with the tips pointing up.
- Pour gelatin mixture over, covering the berries.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:20.14, Inflammation Score:-7, Nutrition Score:22.069564926883%

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: 1192.13kcal (59.61%), Fat: 59.09g (90.91%), Saturated Fat: 18.38g (114.85%), Carbohydrates: 150.47g (50.16%), Net Carbohydrates: 142.46g (51.8%), Sugar: 35.31g (39.23%), Cholesterol: 0mg (0%), Sodium: 948.53mg (41.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.15%), Vitamin C: 69.56mg (84.31%), Manganese: 1.45mg (72.7%), Folate: 186.05µg (46.51%), Vitamin B1: 0.65mg (43.15%), Iron: 6.37mg (35.37%), Vitamin B3: 6.53mg (32.66%), Fiber: 8.01g (32.05%), Vitamin B2: 0.42mg (24.44%), Selenium: 13.87µg (19.82%), Phosphorus: 198.21mg (19.82%), Vitamin K: 19.03µg (18.12%), Magnesium: 49.68mg (12.42%), Copper: 0.24mg (12.04%), Potassium: 400.19mg (11.43%), Vitamin B5: 1.06mg (10.6%), Vitamin E: 1.38mg (9.19%), Vitamin B6: 0.17mg

(8.41%), Zinc: 1.19mg (7.91%), Calcium: 63.25mg (6.32%)