

Strawberry Pie VI

 Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



1068 kcal

Ingredients

- ☐ 9 inch graham cracker crust prepared
- ☐ 3 cubes ice cubes
- ☐ 1 cup strawberries hulled sliced
- ☐ 3 ounce strawberry jell-o flavored
- ☐ 0.7 cup water boiling
- ☐ 8 ounce non-dairy whipped topping frozen thawed

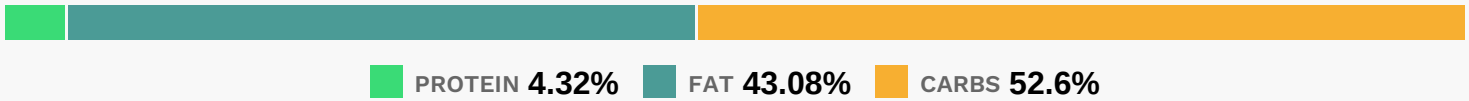
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, combine gelatin and boiling water. Stir 3 minutes, or until gelatin is dissolved.
- ☐ Add ice and stir until gelatin thickens and cools. Fold in the whipped topping and strawberries. Chill until mixture will mound, then spoon into crust. Refrigerate for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:19.670000021872%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1067.93kcal (53.4%), Fat: 51.2g (78.77%), Saturated Fat: 12.77g (79.8%), Carbohydrates: 140.67g (46.89%), Net Carbohydrates: 136.67g (49.7%), Sugar: 51.33g (57.04%), Cholesterol: 0.57mg (0.19%), Sodium: 972.17mg (42.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.11%), Manganese: 2.53mg (126.6%), Vitamin K: 43µg (40.95%), Folate: 129.8µg (32.45%), Vitamin B3: 6.26mg (31.29%), Iron: 5.09mg (28.27%), Phosphorus: 264.05mg (26.41%), Vitamin B2: 0.44mg (25.95%), Vitamin E: 3.73mg (24.88%), Vitamin B1: 0.36mg (24.15%), Copper: 0.45mg (22.73%), Zinc: 2.45mg (16.32%), Fiber: 3.99g (15.98%), Vitamin C: 10.58mg (12.83%), Magnesium: 48.77mg (12.19%), Selenium: 6.44µg (9.2%), Vitamin B6: 0.16mg (7.98%), Calcium: 79.54mg (7.95%), Potassium: 273.03mg (7.8%), Vitamin B5: 0.36mg (3.64%)