



## Strawberry-Pina Colada Pie

READY IN



200 min.

SERVINGS



20

CALORIES



154 kcal

### Ingredients

- 0.3 cup butter melted
- 8 oz philadelphia cream cheese softened
- 0.3 cup baker's angel flake coconut toasted
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.3 cup milk
- 8 oz dole pineapple in juice crushed undrained canned
- 1.3 cups strawberries fresh sliced
- 1.3 cups vanilla wafers crushed finely
- 8 oz cool whip whipped topping divided thawed

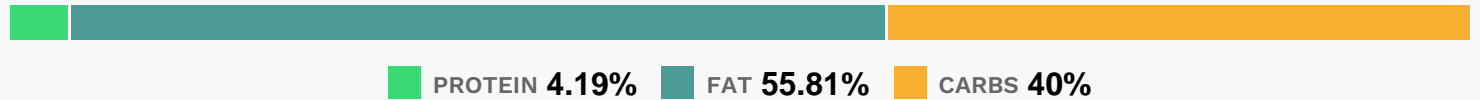
## Equipment

- bowl
- whisk
- blender

## Directions

- Mix wafer crumbs and butter until blended; press into bottom and up side of 9-inch pie plate.
- Beat cream cheese and milk in large bowl with mixer until blended.
- Add dry pudding mix and pineapple; beat 2 min.
- Whisk in 2 cups COOL WHIP; pour into crust.
- Refrigerate 3 hours or until firm. Top with coconut, berries and remaining COOL WHIP just before serving.

## Nutrition Facts



## Properties

Glycemic Index:11.6, Glycemic Load:4.22, Inflammation Score:-2, Nutrition Score:2.2078260740508%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 153.99kcal (7.7%), Fat: 9.73g (14.96%), Saturated Fat: 6.09g (38.09%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 15.06g (5.48%), Sugar: 11.38g (12.65%), Cholesterol: 18.22mg (6.07%), Sodium: 122.01mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin C: 6.37mg (7.73%), Vitamin A: 243.29IU (4.87%), Vitamin B2: 0.06mg (3.72%), Vitamin B1: 0.05mg (3.33%), Manganese: 0.07mg (3.28%), Phosphorus: 32.41mg (3.24%), Calcium: 27.25mg (2.73%), Folate: 10.32µg (2.58%), Fiber: 0.63g (2.5%), Selenium: 1.65µg (2.36%), Potassium: 72.02mg (2.06%), Vitamin E: 0.25mg (1.7%), Magnesium: 6.06mg (1.52%), Copper: 0.03mg (1.46%), Vitamin B3: 0.28mg (1.39%), Vitamin B6: 0.03mg (1.32%), Vitamin B12: 0.07µg (1.15%), Vitamin K: 1.09µg (1.04%)