



Strawberry-Pretzel Icebox Pie

READY IN



620 min.

SERVINGS



8

CALORIES



750 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar light packed
- ☐ 0.8 cup butter melted
- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup granulated sugar
- ☐ 2 cups pretzel sticks crushed finely
- ☐ 2 cups strawberries fresh sliced
- ☐ 4 tablespoons strawberry gelatin ()
- ☐ 14 oz condensed milk sweetened canned
- ☐ 2 cups whipping cream divided

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ stand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Stir together first 3 ingredients; firmly press on bottom, up sides, and onto lip of a lightly greased 10-inch pie plate.
- ☐ Bake 10 to 12 minutes or until lightly browned.
- ☐ Remove from oven to a wire rack, and cool completely (about 30 minutes).
- ☐ Process strawberries in a food processor until finely chopped, stopping to scrape down sides as needed.
- ☐ Beat condensed milk and next 2 ingredients at medium speed with an electric mixer until smooth. (Use the whisk attachment if using a stand mixer.)
- ☐ Add strawberries; beat at low speed just until blended.
- ☐ Transfer to a large bowl.
- ☐ Beat 3/4 cup whipping cream at high speed until soft peaks form; gently fold whipped cream into strawberry mixture. Spoon into prepared crust. Cover and freeze 8 to 12 hours or until firm.
- ☐ Beat remaining 1 1/4 cups whipping cream at high speed until foamy; gradually add granulated sugar, beating until soft peaks form.
- ☐ Spread over pie. Freeze 1 hour or until whipped cream is firm.

Nutrition Facts



Properties

Glycemic Index:41.39, Glycemic Load:32.47, Inflammation Score:-8, Nutrition Score:12.039130376733%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 750.19kcal (37.51%), Fat: 53.35g (82.08%), Saturated Fat: 33.13g (207.09%), Carbohydrates: 62.49g (20.83%), Net Carbohydrates: 61.29g (22.29%), Sugar: 49.87g (55.41%), Cholesterol: 158.49mg (52.83%), Sodium: 497.21mg (21.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Vitamin A: 1923.99IU (38.48%), Vitamin C: 23.11mg (28.01%), Vitamin B2: 0.45mg (26.36%), Calcium: 228.21mg (22.82%), Phosphorus: 227.24mg (22.72%), Selenium: 12.91µg (18.44%), Manganese: 0.28mg (14.07%), Folate: 45.18µg (11.3%), Potassium: 378.97mg (10.83%), Vitamin E: 1.53mg (10.23%), Vitamin B1: 0.13mg (8.82%), Vitamin B5: 0.81mg (8.11%), Magnesium: 29.47mg (7.37%), Vitamin D: 1.05µg (7.01%), Vitamin B12: 0.41µg (6.87%), Zinc: 0.97mg (6.46%), Iron: 1.04mg (5.75%), Vitamin B3: 1.06mg (5.31%), Vitamin K: 5.47µg (5.21%), Fiber: 1.2g (4.78%), Vitamin B6: 0.09mg (4.64%), Copper: 0.07mg (3.31%)