

Strawberry Pretzel Pie

READY IN



150 min.

SERVINGS



15

CALORIES



316 kcal

DESSERT

Ingredients

- 8 ounce cream cheese softened
- 0.8 cup butter melted
- 2 cups coarsely pretzels crushed
- 20 ounce strawberries sweetened frozen thaw (do not)
- 6 ounce strawberry jell-o flavored
- 2 cups water boiling
- 8 ounce non-dairy whipped topping frozen thawed
- 1 cup sugar white

Equipment

- bowl
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a medium bowl mix together crushed pretzels, melted margarine, and 1 tablespoon sugar. Press mixture firmly into bottom of a 9x13 inch baking pan.
- Bake in preheated oven for 8 to 10 minutes, until lightly browned. Cool completely.
- In a medium mixing bowl, beat together softened cream cheese and 1 cup sugar until smooth and fluffy. Fold in whipped topping and spread mixture evenly onto cooled crust.
- Place gelatin in a medium heat-proof bowl and pour in boiling water. Stir gently until gelatin is completely dissolved.
- Add frozen strawberries and continue to stir until mixture begins to thicken. Chill until semi-firm but still pourable.
- Pour gelatin mixture over cream cheese layer. Chill at least 2 hours before serving.

Nutrition Facts



PROTEIN 4.56% **FAT 46.64%** **CARBS 48.8%**

Properties

Glycemic Index:14.67, Glycemic Load:17.21, Inflammation Score:-5, Nutrition Score:5.2152173622795%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin:

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Nutrients (% of daily need)

Calories: 315.99kcal (15.8%), Fat: 16.79g (25.83%), Saturated Fat: 6.71g (41.91%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 38.41g (13.97%), Sugar: 29.28g (32.54%), Cholesterol: 15.57mg (5.19%), Sodium: 352.59mg (15.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin C: 22.47mg (27.24%), Vitamin A: 624.77IU (12.5%), Manganese: 0.25mg (12.44%), Folate: 30.65µg (7.66%), Phosphorus: 68.69mg (6.87%), Vitamin B2: 0.1mg (6.09%), Vitamin E: 0.72mg (4.78%), Fiber: 1.12g (4.47%), Selenium: 3.12µg (4.46%), Vitamin B1: 0.06mg (4.15%), Calcium: 39.15mg (3.92%), Iron: 0.7mg (3.87%), Vitamin B3: 0.74mg (3.7%), Potassium: 122.68mg (3.51%), Copper: 0.06mg (2.92%), Magnesium: 11.31mg (2.83%), Vitamin B6: 0.04mg (1.91%), Vitamin K: 1.93µg (1.84%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.26mg (1.73%), Vitamin B12: 0.07µg (1.25%)