



WHATSheATE



Strawberry-Pretzel Pie

READY IN



525 min.

SERVINGS



8

CALORIES



841 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 16 oz cream cheese softened
- ☐ 1 egg whites
- ☐ 1 cup pretzels crushed
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 16 oz strawberries unsweetened frozen thawed sliced
- ☐ 1 box strawberry gelatin (8-serving size)
- ☐ 1.5 cups sugar
- ☐ 1 cup water boiling

☐ 12 oz non-dairy whipped topping frozen thawed

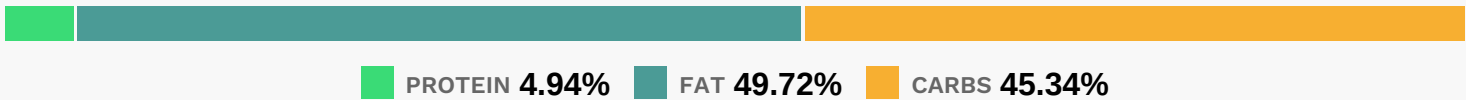
Equipment

☐ oven

Directions

- ☐ Heat oven to 450°F. Unroll 1 crust in 10-inch glass pie plate or 9 1/2-inch deep-dish pie plate. Trim outside edges. Prick bottom and side with fork. Use second pie crust to put a braid on outside rim of crust.
- ☐ Cut crust into 1/4-inch strips, and braid three strips at a time.
- ☐ Brush egg white on crust edge and place braid on, pushing in slightly.
- ☐ Combine crushed pretzels, 1/4 cup sugar and the melted butter. Press into bottom pie crust.
- ☐ Bake 10 to 12 minutes or until crust is golden brown. Cool.
- ☐ Stir together cream cheese and 1 1/2 cups sugar until sugar is dissolved. Carefully fold in whipped topping.
- ☐ Spread in cooled crust, reserving 2 cups filling to decorate pie.
- ☐ Place a flat layer of strawberry slices on top of filling.
- ☐ Mix boiling water and gelatin (with a few ice cubes) to make about 1 2/3 cups gelatin. Thicken slightly and pour over strawberries on pie. Refrigerate pie 8 hours or overnight.
- ☐ Decorate outside edge of pie with 2 cups reserved cream cheese mixture.

Nutrition Facts



Properties

Glycemic Index:33.76, Glycemic Load:34.71, Inflammation Score:-7, Nutrition Score:12.079999902974%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg

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Nutrients (% of daily need)

Calories: 840.84kcal (42.04%), Fat: 47.22g (72.64%), Saturated Fat: 25.78g (161.14%), Carbohydrates: 96.87g (32.29%), Net Carbohydrates: 94.15g (34.23%), Sugar: 61.76g (68.62%), Cholesterol: 80.69mg (26.9%), Sodium: 662.83mg (28.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.1%), Vitamin C: 33.55mg (40.67%), Manganese: 0.54mg (27.12%), Vitamin A: 1062.64IU (21.25%), Vitamin B2: 0.33mg (19.46%), Folate: 73.87µg (18.47%), Phosphorus: 172.61mg (17.26%), Selenium: 11.21µg (16.01%), Vitamin B1: 0.22mg (14.4%), Iron: 2.13mg (11.85%), Calcium: 110.83mg (11.08%), Vitamin B3: 2.2mg (11%), Fiber: 2.72g (10.9%), Vitamin E: 1.39mg (9.24%), Potassium: 285.47mg (8.16%), Vitamin K: 8.46µg (8.06%), Magnesium: 26.98mg (6.75%), Vitamin B5: 0.65mg (6.51%), Copper: 0.12mg (5.78%), Zinc: 0.75mg (5.02%), Vitamin B6: 0.1mg (5%), Vitamin B12: 0.23µg (3.85%)