



Strawberry Pudding Pie

 Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



912 kcal

Ingredients

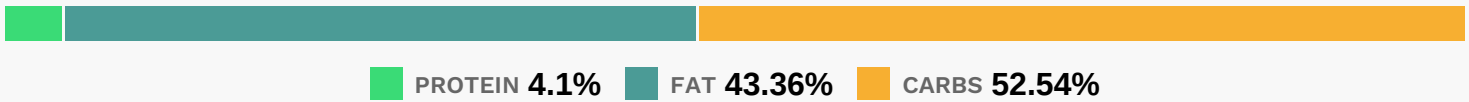
- ☐ 9 inch graham cracker crust prepared
- ☐ 3.4 ounce vanilla pudding mix instant
- ☐ 20 strawberries hulled
- ☐ 18 ounce strawberry glaze
- ☐ 16 ounce non-dairy whipped topping frozen thawed

Equipment

Directions

- ☐
- Prepare the pudding according to the directions on the box.
- ☐
- Spread the pudding in the bottom of the pie shell.
- ☐
- Place the strawberries large side down on to the pudding.
- ☐
- Pour the strawberry glaze over the strawberries, covering completely. Cover with whipped topping.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:17.414782627769%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 912.35kcal (45.62%), Fat: 44g (67.69%), Saturated Fat: 12.79g (79.92%), Carbohydrates: 119.94g (39.98%), Net Carbohydrates: 116.49g (42.36%), Sugar: 47.22g (52.47%), Cholesterol: 0.91mg (0.3%), Sodium: 814.74mg (35.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.71%), Manganese: 2.06mg (103.13%), Vitamin K: 35.33µg (33.65%), Folate: 106.57µg (26.64%), Vitamin B3: 5.06mg (25.32%), Iron: 4.13mg (22.94%), Vitamin B2: 0.37mg (21.96%), Phosphorus: 218.53mg (21.85%), Vitamin E: 3.13mg (20.85%), Vitamin B1: 0.3mg (19.76%), Copper: 0.36mg (17.96%), Vitamin C: 14.11mg (17.11%), Fiber: 3.44g (13.78%), Zinc: 1.99mg (13.29%), Magnesium: 41.49mg (10.37%), Calcium: 80.9mg (8.09%), Selenium: 5.25µg (7.5%), Potassium: 257.35mg (7.35%), Vitamin B6: 0.14mg (6.83%), Vitamin B5: 0.3mg (3.02%), Vitamin B12: 0.09µg (1.51%)