



Strawberry Shortbread Pie

READY IN



230 min.

SERVINGS



50

CALORIES



37 kcal

Ingredients

- 4 oz philadelphia cream cheese softened ()
- 1 cup strawberries chopped
- 1 pkg jell-o strawberry flavor gelatin (4-serving size)
- 6 oz ready-to-use vanilla wafer crumb crust
- 0.8 cup water boiling
- 0.8 cup water cold
- 1.5 cups cool whip whipped topping thawed

Equipment

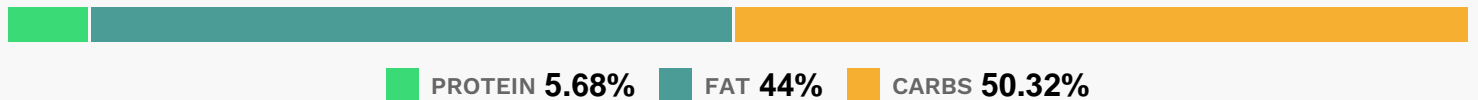
- bowl

whisk

Directions

- Stir boiling water into dry gelatin in medium bowl at least 2 minutes until completely dissolved.
- Add cold water; stir. Beat cream cheese in large bowl with wire whisk until creamy. Gradually add gelatin, beating until well blended.
- Place bowl of gelatin into larger bowl of ice and water.
- Let stand 5 minutes or until thickened (consistency of unbeaten egg whites), stirring occasionally.
- Add whipped topping; beat with wire whisk until well blended. Stir in strawberries. Refrigerate 20 to 30 minutes or until mixture is very thick and will mound.
- Spoon into crust. Refrigerate 3 hours or until firm.
- Garnish with additional whipped topping and strawberry halves just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:1.34, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:0.51043478010789%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.72mg, Pelargonidin: 0.72mg, Pelargonidin: 0.72mg, Pelargonidin: 0.72mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 37.05kcal (1.85%), Fat: 1.83g (2.82%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 4.6g (1.67%), Sugar: 3.2g (3.55%), Cholesterol: 2.34mg (0.78%), Sodium: 34.29mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin C: 1.69mg (2.05%), Phosphorus: 11.87mg (1.19%)