



Strawberry Smoothie Ice-Cream Pie



Gluten Free



Low Fod Map

READY IN



50 min.

SERVINGS



12

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 2 bananas ripe
- ☐ 1 pint blueberries fresh
- ☐ 6 tablespoons butter melted
- ☐ 1 tablespoon granulated sugar
- ☐ 0.3 cup powdered sugar divided
- ☐ 16 ounce strawberries fresh stemmed (1 quart)
- ☐ 2 containers premium vanilla ice cream divided (1-quart)
- ☐ 1 pieces garnishes: waffle cone strawberries fresh whole

- ☐ 7 ounce waffle cones

Equipment

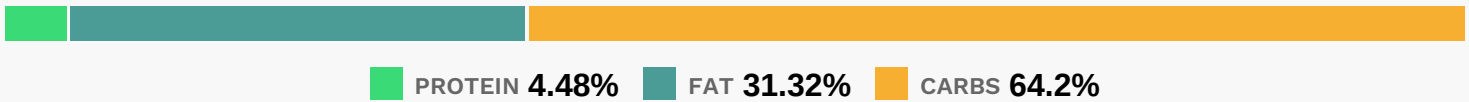
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ springform pan

Directions

- ☐ Process first 3 ingredients in a food processor until finely crushed. Firmly press mixture onto bottom of a lightly greased 10-inch springform pan.
- ☐ Bake at 350 for 10 minutes. Cool completely in pan on a wire rack.
- ☐ Let vanilla ice cream stand at room temperature 20 minutes or until slightly softened.
- ☐ Process strawberries and 2 tablespoons powdered sugar in a food processor until pureed, stopping to scrape down sides; remove strawberry mixture, and set aside.
- ☐ Process blueberries and 1 tablespoon powdered sugar in food processor until pureed, stopping to scrape down sides; set aside.
- ☐ Mash bananas with a fork in a large bowl; stir in remaining 1 tablespoon powdered sugar. Set aside.
- ☐ Place 1 quart of ice cream in a large bowl; cut into large (3-inch) pieces. Fold strawberry mixture into ice cream until blended.
- ☐ Place in freezer until slightly firm.
- ☐ Divide remaining quart of ice cream in half, placing halves in separate bowls. Stir blueberry mixture into half and mashed banana mixture into remaining half.
- ☐ Place bowls in freezer.
- ☐ Spread half of strawberry mixture evenly into prepared crust in springform pan.
- ☐ Place pan and remaining strawberry mixture in freezer. Freeze 30 minutes or until strawberry layer in pan is slightly firm.

- ☐ Spread banana mixture evenly over strawberry layer in pan; return pan to freezer, and freeze 30 minutes or until banana layer is slightly firm. Repeat procedure with blueberry mixture.
- ☐ Spread remaining strawberry mixture over blueberry layer in pan, and freeze 3 hours or until all layers are firm.
- ☐ Let pie stand at room temperature 15 minutes before serving.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Hagen-Dazs ice cream.

Nutrition Facts



Properties

Glycemic Index:38.99, Glycemic Load:16.08, Inflammation Score:-5, Nutrition Score:6.5969565880039%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 12.47mg, Petunidin: 12.47mg, Petunidin: 12.47mg, Petunidin: 12.47mg Delphinidin: 14.09mg, Delphinidin: 14.09mg, Delphinidin: 14.09mg, Delphinidin: 14.09mg Malvidin: 26.66mg, Malvidin: 26.66mg, Malvidin: 26.66mg, Malvidin: 26.66mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 8.02mg, Peonidin: 8.02mg, Peonidin: 8.02mg, Peonidin: 8.02mg Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 183kcal (9.15%), Fat: 6.64g (10.21%), Saturated Fat: 3.74g (23.4%), Carbohydrates: 30.62g (10.21%), Net Carbohydrates: 28.12g (10.23%), Sugar: 15.92g (17.69%), Cholesterol: 15.12mg (5.04%), Sodium: 95.7mg (4.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin C: 27.76mg (33.65%), Manganese: 0.45mg (22.67%), Fiber: 2.5g (9.99%), Folate: 38.86µg (9.71%), Vitamin K: 9.28µg (8.84%), Vitamin B1: 0.12mg (7.67%), Vitamin B2: 0.11mg (6.45%), Vitamin B3: 1.29mg (6.43%), Vitamin B6: 0.12mg (5.97%), Iron: 1.06mg (5.87%), Potassium: 184.78mg (5.28%), Copper: 0.1mg (5.04%), Magnesium: 17.91mg (4.48%), Vitamin A: 214.05IU (4.28%),

Phosphorus: 37.1mg (3.71%), Vitamin E: 0.53mg (3.52%), Vitamin B5: 0.24mg (2.42%), Calcium: 18.64mg (1.86%),
Zinc: 0.28mg (1.85%), Selenium: 1.28µg (1.83%)