



Strawberry-Topped Orange Cream Pie

READY IN



70 min.

SERVINGS



8

CALORIES



128 kcal

Ingredients

- 1 box peach pie filling white instant (4-serving size)
- 0.8 cup skim milk fat-free (skim)
- 1 teaspoon orange zest grated
- 1.5 cups cool whip fat-free frozen thawed ()
- 6 oz graham crackers
- 1.5 cups strawberries fresh quartered

Equipment

- bowl
- whisk

hand mixer

spatula

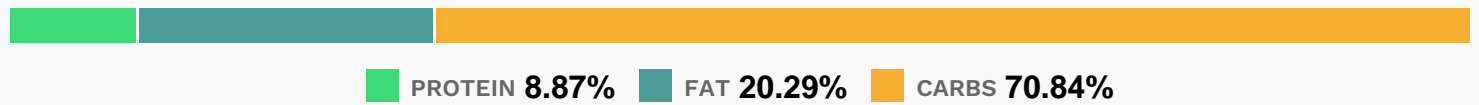
Directions

In medium bowl, beat pudding mix, milk and orange peel with wire whisk or electric mixer 1 minute. With rubber spatula, fold in whipped topping.

Pour into crust.

Arrange strawberries on filling. Refrigerate at least 1 hour or until set before serving.

Nutrition Facts



Properties

Glycemic Index:18.41, Glycemic Load:12.44, Inflammation Score:-2, Nutrition Score:4.6391304161238%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg 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: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 127.92kcal (6.4%), Fat: 2.93g (4.51%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 21.66g (7.88%), Sugar: 9.64g (10.71%), Cholesterol: 2.94mg (0.98%), Sodium: 160mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin C: 16.22mg (19.66%), Vitamin B2: 0.17mg (10.26%), Phosphorus: 83.63mg (8.36%), Calcium: 67.03mg (6.7%), Vitamin B1: 0.09mg (5.93%), Vitamin B12: 0.34µg (5.69%), Iron: 1mg (5.53%), Fiber: 1.35g (5.39%), Manganese: 0.1mg (5.25%), Magnesium: 19.99mg (5%), Vitamin B3: 0.99mg (4.94%), Folate: 19.19µg (4.8%), Zinc: 0.6mg (3.99%), Potassium: 133.08mg (3.8%), Vitamin B6: 0.06mg (3.25%), Vitamin D: 0.25µg (1.68%), Vitamin A: 75.79IU (1.52%), Selenium: 0.99µg (1.42%), Vitamin B5:

0.12mg (1.17%), Copper: 0.02mg (1.14%)