



Strawberry Truffle Pie

READY IN



300 min.

SERVINGS



8

CALORIES



264 kcal

DESSERT

Ingredients

- ☐ 3 oz chocolate dark chopped
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 graham cracker crust
- ☐ 4 cups strawberries
- ☐ 0.3 cup sugar
- ☐ 4 teaspoons cornstarch

Equipment

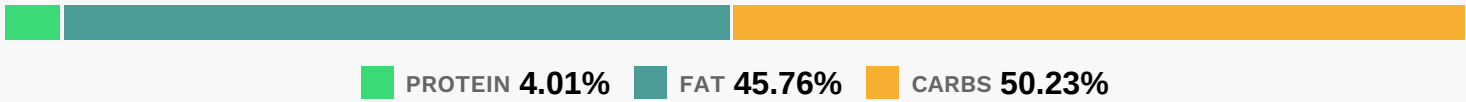
- ☐ food processor

- ☐ bowl
- ☐ sauce pan
- ☐ mixing bowl
- ☐ blender

Directions

- ☐ Place chocolate in small mixing bowl.
- ☐ In 1-quart saucepan, heat cream to boiling over medium-high heat.
- ☐ Pour cream over chocolate in bowl.
- ☐ Let stand one minute; stir until smooth. The chocolate will melt as you stir.
- ☐ Pour chocolate mixture into pie crust. Refrigerate until cool and set, about 30 minutes.
- ☐ Meanwhile, in food processor or blender, place 1 cup of the strawberries. Cover; process until smooth.
- ☐ Pour pureed berries into 1-quart saucepan. Stir in sugar and cornstarch. Bring strawberry mixture to boiling, over medium-high heat, stirring constantly. Reduce heat to low; cook, stirring one additional minute.
- ☐ Remove from the heat; let it stand 20 to 30 minutes to cool, stirring once or twice.
- ☐ Slice the leaf-end of the remaining berries, making a flat surface. Once the pie is set, line the top with the strawberries, flat side down. Spoon cooled strawberry sauce over each berry, taking care to coat each one, until all the sauce is used.
- ☐ Chill pie for 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:2.49, Inflammation Score:-5, Nutrition Score:8.9939131114794%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin:

17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 263.85kcal (13.19%), Fat: 13.6g (20.92%), Saturated Fat: 5.96g (37.24%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 30.57g (11.12%), Sugar: 18.47g (20.53%), Cholesterol: 11.52mg (3.84%), Sodium: 105.95mg (4.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.5mg (2.83%), Protein: 2.68g (5.36%), Vitamin C: 42.4mg (51.39%), Manganese: 0.76mg (38.15%), Copper: 0.27mg (13.6%), Fiber: 3.01g (12.05%), Iron: 2.16mg (11.99%), Magnesium: 39.38mg (9.84%), Phosphorus: 80.85mg (8.09%), Folate: 31.49µg (7.87%), Vitamin K: 7.31µg (6.96%), Potassium: 222.05mg (6.34%), Vitamin B3: 1.08mg (5.4%), Vitamin B2: 0.09mg (5.18%), Vitamin E: 0.76mg (5.04%), Zinc: 0.75mg (4.97%), Vitamin B1: 0.06mg (4.13%), Calcium: 33.01mg (3.3%), Vitamin A: 158.77IU (3.18%), Vitamin B6: 0.06mg (2.88%), Selenium: 1.89µg (2.7%), Vitamin B5: 0.2mg (1.98%), Vitamin D: 0.16µg (1.06%)