



Strawberry-Yogurt Pie

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

DESSERT

Ingredients

- 0.5 cup regular chocolate chips miniature
- 0.3 oz gelatin powder unflavored
- 1 graham cracker crust (9 in.)
- 0.5 teaspoon orange peel grated
- 2 cups whole-milk yogurt plain
- 1 quart strawberries fresh hulled rinsed
- 6 tablespoons sugar
- 0.5 teaspoon vanilla

Equipment

- frying pan
- plastic wrap

Directions

- Coarsely chop about half the strawberries, to equal 1 1/2 cups chopped berries (reserve remaining ones for garnish). In a 2- to 3-quart pan over medium heat, stir chopped strawberries, sugar, and gelatin until gelatin and sugar are dissolved and mixture is boiling.
- Remove from heat and stir in yogurt, vanilla, and orange peel until well blended (chunks of strawberries will be visible).
- Pour into pie crust.
- Chill until set, at least 6 hours, or cover with plastic wrap and chill up to 1 day. Just before serving, sprinkle chocolate chips evenly over top of pie. Slice remaining strawberries.
- Cut pie into wedges; serve with sliced berries.

Nutrition Facts

 **PROTEIN 8.77%**  **FAT 28.84%**  **CARBS 62.39%**

Properties

Glycemic Index:13.76, Glycemic Load:8.97, Inflammation Score:-5, Nutrition Score:11.969130531601%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 273.33kcal (13.67%), Fat: 8.98g (13.81%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 43.71g (14.57%), Net Carbohydrates: 40.93g (14.88%), Sugar: 29.78g (33.09%), Cholesterol: 1.23mg (0.41%), Sodium: 150.29mg (6.53%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 6.15g (12.29%), Vitamin C: 70.28mg (85.19%), Manganese: 0.74mg (36.75%), Calcium: 155.82mg (15.58%), Phosphorus: 149.8mg (14.98%), Vitamin B2: 0.22mg (12.87%), Folate: 49.86µg (12.46%), Potassium: 394.29mg (11.27%), Fiber: 2.78g (11.13%), Magnesium: 32.16mg (8.04%), Vitamin K: 7.36µg (7.01%), Zinc: 1.03mg (6.85%), Copper: 0.13mg (6.67%), Vitamin B1: 0.1mg (6.49%), Vitamin B12: 0.37µg (6.23%), Iron: 1.11mg (6.16%), Vitamin B3: 1.22mg (6.1%), Vitamin B5: 0.58mg (5.8%), Vitamin B6: 0.1mg (5.23%), Selenium: 3.64µg (5.19%), Vitamin E: 0.74mg (4.91%)