



Strawberry Yogurt Pie I

READY IN



45 min.

SERVINGS



8

CALORIES



1117 kcal

Ingredients

- 9 inch graham cracker crust prepared
- 1 cup strawberries finely chopped
- 16 ounce strawberry yogurt flavored
- 12 ounce non-dairy whipped topping frozen thawed

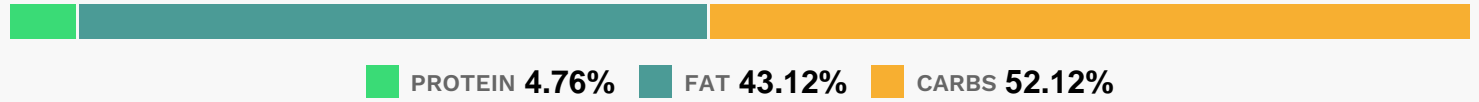
Equipment

Directions

- Mix yogurt with 3 and 1/2 cups of the dessert topping until blended. Sweeten the strawberries, if necessary.

- Mix in strawberries and spoon into crust.
- Freeze for at least 3 hours or overnight, if possible, until it's firm.
- Remove from freezer and top with remainder of dessert topping. Store in freezer.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:20.886956484421%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1117.01kcal (55.85%), Fat: 53.56g (82.41%), Saturated Fat: 14.65g (91.59%), Carbohydrates: 145.68g (48.56%), Net Carbohydrates: 141.51g (51.46%), Sugar: 55.28g (61.43%), Cholesterol: 5.95mg (1.98%), Sodium: 962.77mg (41.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.3g (26.61%), Manganese: 2.53mg (126.54%), Vitamin K: 43.45µg (41.38%), Folate: 129.91µg (32.48%), Vitamin B2: 0.55mg (32.45%), Vitamin B3: 6.27mg (31.35%), Phosphorus: 303.78mg (30.38%), Iron: 5.16mg (28.68%), Vitamin E: 3.8mg (25.35%), Vitamin B1: 0.36mg (24.31%), Copper: 0.44mg (21.97%), Fiber: 4.16g (16.66%), Zinc: 2.46mg (16.39%), Calcium: 149.77mg (14.98%), Vitamin C: 10.58mg (12.83%), Magnesium: 49.3mg (12.33%), Potassium: 386.96mg (11.06%), Selenium: 6.07µg (8.66%), Vitamin B6: 0.16mg (8.12%), Vitamin B12: 0.38µg (6.33%), Vitamin B5: 0.36mg (3.63%), Vitamin A: 53.12IU (1.06%)