

## Summer Berry Cheese Pie

READY IN



25 min.

SERVINGS



8

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pint blueberries fresh
- 2 tablespoons cornstarch
- 8 ounces cream cheese softened
- 1 graham cracker crust (9 inches)
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest grated
- 3 drops food coloring red
- 1 pint strawberries fresh divided sliced
- 0.7 cup sugar divided

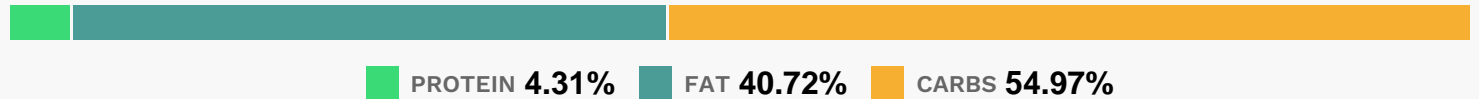
## Equipment

- bowl
- sauce pan

## Directions

- In a large bowl, combine half of the strawberries and lemon juice; mash berries.
- Add 1/3 cup plus 2 tablespoons sugar; set aside. In a large bowl, combine the cream cheese, lemon peel and remaining sugar until smooth.
- Spread into the crust.
- In a large saucepan, combine cornstarch and reserved strawberry mixture until blended. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in food coloring if desired. Cool slightly.
- Fold in blueberries and remaining strawberries.
- Spread over cream cheese mixture. Cover and refrigerate for at least 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:22.14, Glycemic Load:16.26, Inflammation Score:-6, Nutrition Score:9.2317390752875%

## Flavonoids

Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg Petunidin: 18.71mg, Petunidin: 18.71mg, Petunidin: 18.71mg, Petunidin: 18.71mg Delphinidin: 21.14mg, Delphinidin: 21.14mg, Delphinidin: 21.14mg, Delphinidin: 21.14mg Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 12.03mg, Peonidin: 12.03mg, Peonidin: 12.03mg, Peonidin: 12.03mg Catechin: 4.97mg, Catechin: 4.97mg, Catechin: 4.97mg, Catechin: 4.97mg Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg

0.18mg, Naringenin: 0.18mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol:  
1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.79mg, Myricetin: 0.79mg,  
Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg  
Galocatechin: 0.09mg, Galocatechin: 0.09mg, Galocatechin: 0.09mg, Galocatechin: 0.09mg

## **Nutrients (% of daily need)**

Calories: 330.64kcal (16.53%), Fat: 15.45g (23.78%), Saturated Fat: 6.82g (42.6%), Carbohydrates: 46.94g (15.65%),  
Net Carbohydrates: 43.89g (15.96%), Sugar: 30.39g (33.76%), Cholesterol: 28.63mg (9.54%), Sodium: 190.67mg  
(8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.35%), Vitamin C: 41.56mg (50.38%),  
Manganese: 0.71mg (35.28%), Vitamin K: 17.94µg (17.09%), Fiber: 3.06g (12.23%), Vitamin B2: 0.15mg (8.9%), Folate:  
34.52µg (8.63%), Vitamin A: 420.22IU (8.4%), Phosphorus: 76.93mg (7.69%), Vitamin E: 1.15mg (7.66%), Vitamin B3:  
1.19mg (5.94%), Copper: 0.12mg (5.86%), Potassium: 200.2mg (5.72%), Iron: 1.01mg (5.63%), Vitamin B1: 0.08mg  
(4.59%), Selenium: 3.45µg (4.92%), Calcium: 47.33mg (4.73%), Magnesium: 18.89mg (4.72%), Vitamin B6: 0.09mg  
(4.59%), Zinc: 0.59mg (3.93%), Vitamin B5: 0.35mg (3.5%), Vitamin B12: 0.06µg (1.04%)