



Summer Berry Pie

 Dairy Free

READY IN



255 min.

SERVINGS



15

CALORIES



143 kcal

DESSERT

Ingredients

- 1 cup blueberries sliced
- 3 Tbsp cornstarch
- 6 oz ready-to-use graham cracker crumb crust
- 3 oz jell-o strawberry flavor gelatin
- 0.8 cup sugar
- 1.5 cups water
- 1.5 cups cool whip whipped topping thawed

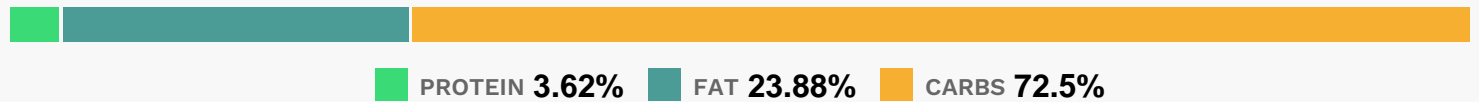
Equipment

sauce pan

Directions

- Mix sugar and cornstarch in medium saucepan. Gradually add water, stirring until well blended. Bring to boil on medium heat, stirring constantly; boil 1 min.
- Remove from heat.
- Add dry gelatin mix; stir 2 min. until completely dissolved. Cool.
- Add fruit to gelatin mixture; pour into crust.
- Refrigerate 3 hours or until firm.
- Serve topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:7.2, Inflammation Score:-1, Nutrition Score:1.9652173979127%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 142.88kcal (7.14%), Fat: 3.86g (5.93%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 25.93g (9.43%), Sugar: 19.15g (21.28%), Cholesterol: 0.15mg (0.05%), Sodium: 86.76mg (3.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.63%), Manganese: 0.18mg (9.24%), Vitamin C: 5.64mg (6.84%), Phosphorus: 29.32mg (2.93%), Vitamin K: 2.92µg (2.78%), Folate: 10.07µg (2.52%), Vitamin B2: 0.04mg (2.19%), Copper: 0.04mg (2.13%), Vitamin B3: 0.41mg (2.05%), Iron: 0.36mg (2.01%), Vitamin E: 0.28mg (1.83%), Fiber: 0.42g (1.69%), Vitamin B1: 0.02mg (1.66%), Selenium: 1µg (1.43%), Magnesium: 4.78mg (1.19%), Zinc: 0.17mg

(1.12%), Calcium: 11.16mg (1.12%), Potassium: 35.72mg (1.02%)