



## Summer Strawberry Pie

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



173 kcal

DESSERT

### Ingredients

- 6 tablespoons butter
- 1 tablespoon cornstarch
- 0.5 cup flour all-purpose
- 1 pinch ground nutmeg
- 0.5 cup splenda® no calorie sweetener
- 4 cups strawberries fresh hulled

### Equipment

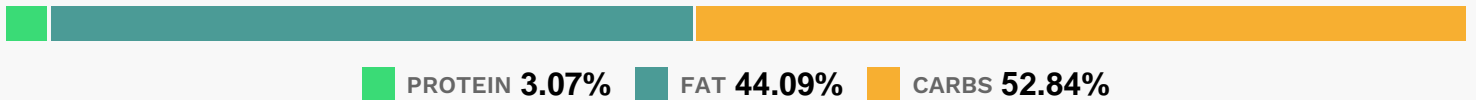
- bowl

- frying pan
- oven
- aluminum foil

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place a drip pan on lowest shelf to catch pie juices.
- To Make Topping: In a medium bowl, mix until fluffy the 3/4 cup SLENDA® Granulated Sweetener, 3/4 cup flour, butter, and nutmeg.
- Place cleaned strawberries in a deep bowl. In a separate bowl, mix together the 1/2 cup SLENDA® Granulated Sweetener, 1/2 cup flour, and cornstarch. Gently coat berries with this mixture; be careful not to crush berries.
- Pour berries into prepared pie crust mounding them in the middle; mounding is necessary as the berries will sink as they bake. Cover berries with crumb topping and top crumbs with about 15 pea-sized blobs of butter. Wrap edges of pie crust with foil to prevent burning.
- Bake pie in preheated oven for 20 minutes, then reduce heat to 375 degrees F (190 degrees C) and bake for an additional 40 minutes. When there are 10 minutes left of baking, sprinkle a little extra SLENDA® Granulated Sweetener over crumb topping and then finish baking.

## Nutrition Facts



## Properties

Glycemic Index:35.63, Glycemic Load:11.68, Inflammation Score:-4, Nutrition Score:5.7356521850047%

## 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: 0.3mg Epicatechin 3-gallate: 0.11mg, 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

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, 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: 173.23kcal (8.66%), Fat: 8.85g (13.62%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 23.87g (7.96%),  
Net Carbohydrates: 22.19g (8.07%), Sugar: 13.62g (15.13%), Cholesterol: 22.58mg (7.53%), Sodium: 68.5mg (2.98%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 42.34mg (51.32%), Manganese:  
0.34mg (16.77%), Folate: 31.99µg (8%), Fiber: 1.69g (6.74%), Vitamin A: 271.16IU (5.42%), Vitamin B1: 0.08mg (5.3%),  
Selenium: 3.07µg (4.39%), Vitamin B3: 0.75mg (3.73%), Iron: 0.67mg (3.71%), Potassium: 122.01mg (3.49%), Vitamin  
B2: 0.06mg (3.42%), Vitamin E: 0.46mg (3.05%), Magnesium: 11.55mg (2.89%), Phosphorus: 28.63mg (2.86%),  
Copper: 0.05mg (2.38%), Vitamin K: 2.34µg (2.23%), Vitamin B6: 0.04mg (1.89%), Calcium: 15.46mg (1.55%),  
Vitamin B5: 0.14mg (1.36%), Zinc: 0.17mg (1.12%)