



WHATSheATE



The Old Boy's Strawberry Pie



Vegetarian



Popular

READY IN



75 min.

SERVINGS



8

CALORIES



179 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 1 pinch ground nutmeg
- ☐ 4 cups strawberries fresh hulled
- ☐ 0.5 cup sugar white

Equipment

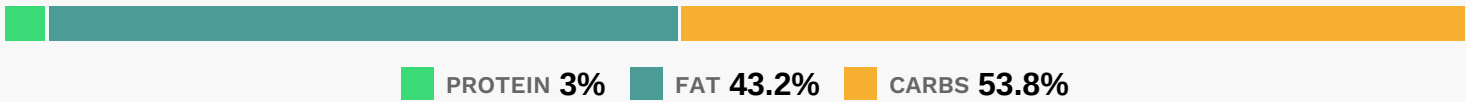
- ☐ bowl

- ☐ 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 sugar, 3/4 cup flour, butter, and nutmeg.
- ☐ Place cleaned strawberries in a deep bowl. In a separate bowl, mix together the 1/2 cup sugar, 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 sugar over crumb topping and then finish baking.

Nutrition Facts



Properties

Glycemic Index:38.14, Glycemic Load:14.7, Inflammation Score:-4, Nutrition Score:5.7508695825287%

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 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

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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: 179.35kcal (8.97%), Fat: 8.89g (13.68%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 24.92g (8.31%),
Net Carbohydrates: 23.24g (8.45%), Sugar: 16.06g (17.84%), Cholesterol: 22.58mg (7.53%), Sodium: 68.63mg
(2.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 42.34mg (51.32%),
Manganese: 0.34mg (16.79%), Folate: 31.99µg (8%), Fiber: 1.69g (6.74%), Vitamin A: 271.16IU (5.42%), Vitamin B1:
0.08mg (5.3%), Selenium: 3.15µg (4.49%), Iron: 0.67mg (3.75%), Vitamin B3: 0.75mg (3.73%), Vitamin B2: 0.06mg
(3.56%), Potassium: 121.76mg (3.48%), Vitamin E: 0.46mg (3.05%), Magnesium: 11.55mg (2.89%), Phosphorus:
28.63mg (2.86%), Copper: 0.05mg (2.42%), Vitamin K: 2.34µg (2.23%), Vitamin B6: 0.04mg (1.89%), Calcium:
15.59mg (1.56%), Vitamin B5: 0.14mg (1.36%), Zinc: 0.17mg (1.13%)