



Tropical Strawberry Cream Pie

READY IN



260 min.

SERVINGS



20

CALORIES



167 kcal

DESSERT

Ingredients

- 3 Tbsp butter melted
- 8 oz philadelphia cream cheese softened
- 1 cup ice cubes
- 8 oz dole pineapple crushed drained canned
- 2 cups strawberries sliced
- 3 oz jell-o strawberry flavor gelatin
- 0.3 cup sugar
- 42 vanilla wafers divided
- 0.8 cup water boiling

2 cups cool whip whipped topping divided thawed

Equipment

bowl

blender

Directions

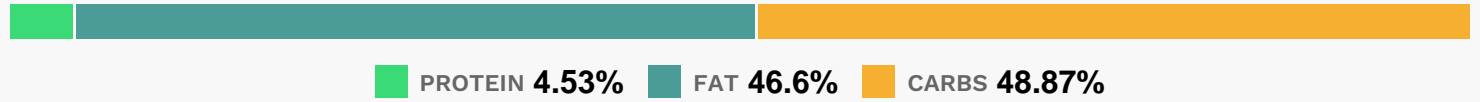
Crush 26 wafers; mix with butter until blended. Press onto bottom of 9-inch pie plate. Stand remaining wafers around edge of pie plate.

Beat cream cheese and sugar in large bowl with mixer until blended. Gently stir in 1 cup COOL WHIP and pineapple; spread over crust.

Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved.

Add ice; stir until melted. Stir in strawberries. Refrigerate 5 min. or until slightly thickened; spoon over cream cheese layer. Refrigerate 4 hours or until firm. Top with remaining COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:9.2, Inflammation Score:-2, Nutrition Score:2.4404347901759%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 167.04kcal (8.35%), Fat: 8.83g (13.58%), Saturated Fat: 4.21g (26.31%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 20.22g (7.35%), Sugar: 14.65g (16.28%), Cholesterol: 11.73mg (3.91%), Sodium: 132.6mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin C: 9.54mg (11.56%), Vitamin B1: 0.07mg (4.83%), Vitamin A: 240.36IU (4.81%), Vitamin B2: 0.07mg (4.14%), Folate: 16.51µg (4.13%), Phosphorus: 33.7mg (3.37%), Manganese: 0.06mg (2.87%), Fiber: 0.61g (2.45%), Selenium: 1.56µg (2.23%), Calcium: 21.85mg (2.18%), Vitamin B3: 0.43mg (2.17%), Potassium: 70.45mg (2.01%), Vitamin E: 0.24mg (1.63%), Copper: 0.03mg (1.52%), Magnesium: 5.47mg (1.37%), Vitamin B6: 0.02mg (1.17%)