

Strawberry Pie

Joan Jerla - Jensen Beach, FL
Scripps Treasure Coast Newspapers

1 graham cracker pie crust, 9 inch,
uncooked
1 package (3 ounce) sugar-free
strawberry JELL-O
1 package (3 ounce) cook and serve
vanilla pudding
1 quart (or more) sliced strawberries
1 1/2 cups water
whip cream (for garnish)

In a saucepan, mix the JELL-O and pudding mix with the water. Bring to a boil. Simmer, stirring often, for 3 to 5 minutes.

Remove from the heat and add the strawberries. If you are worried that you will have too much for your pie crust, measure the sliced berries in the crust first, making sure to leave some room for the liquid.

Pour the strawberry mix into the pie crust.

Chill until the pie is set.

Per Serving (excluding unknown items): 1230 Calories; 60g Fat (43.1% calories from fat); 11g Protein; 167g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 1377mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 Fruit; 11 Fat; 10 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1230
% Calories from Fat:	43.1%
% Calories from Carbohydrates:	53.4%
% Calories from Protein:	3.5%
Total Fat (g):	60g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	17g
Cholesterol (mg):	0mg
Carbohydrate (g):	167g
Dietary Fiber (g):	7g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	46mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 11g
Sodium (mg): 1377mg
Potassium (mg): 486mg
Calcium (mg): 81mg
Iron (mg): 6mg
Zinc (mg): 1mg
Vitamin C (mg): 94mg
Vitamin A (i.u.): 1921IU
Vitamin A (r.e.): 488RE

Lean Meat: 1 1/2
Vegetable: 0
Fruit: 1
Non-Fat Milk: 0
Fat: 11
Other Carbohydrates: 10 1/2

Nutrition Facts

Amount Per Serving

Calories 1230 **Calories from Fat:** 530

% Daily Values*

Total Fat	60g	92%
Saturated Fat	12g	62%
Cholesterol	0mg	0%
Sodium	1377mg	57%
Total Carbohydrates	167g	56%
Dietary Fiber	7g	30%
Protein	11g	

Vitamin A	38%
Vitamin C	157%
Calcium	8%
Iron	32%

* Percent Daily Values are based on a 2000 calorie diet.