



Apple Blackberry Pie

 Dairy Free

READY IN



270 min.

SERVINGS



8

CALORIES



334 kcal

DESSERT

Ingredients

- ☐ 2 cups blackberries fresh
- ☐ 0.5 cup brown sugar packed
- ☐ 4.5 teaspoons cornstarch
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 box pie crust dough refrigerated softened
- ☐ 4 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled sliced (6 medium)

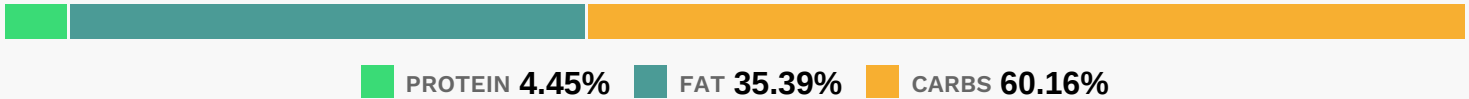
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375F. Make pie crusts as directed on box for Two-Crust Pie, using 9-inch glass pie plate.
- ☐ In large bowl, combine apples and blackberries. In small bowl, combine brown sugar, cornstarch, cinnamon and nutmeg. Stir into fruit; toss to coat. Spoon into crust-lined pie plate.
- ☐ Top with second crust and flute; cut slits in pastry. Cover crust edge with strips of foil to prevent excessive browning.
- ☐ Place pie on middle oven rack; place sheet of foil on rack below pie in case of spillover.
- ☐ Bake 50 minutes.
- ☐ Remove foil; bake an additional 15 to 20 minutes or until golden brown. Cool at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:2.68, Inflammation Score:-4, Nutrition Score:7.0426087379456%

Flavonoids

Cyanidin: 36.96mg, Cyanidin: 36.96mg, Cyanidin: 36.96mg, Cyanidin: 36.96mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 14.15mg, Catechin: 14.15mg, Catechin: 14.15mg, Catechin: 14.15mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 333.65kcal (16.68%), Fat: 13.34g (20.53%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 51.04g (17.01%), Net Carbohydrates: 46.29g (16.83%), Sugar: 21.61g (24.02%), Cholesterol: 0mg (0%), Sodium: 209.46mg (9.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Manganese: 0.51mg (25.42%), Fiber: 4.75g (18.99%), Vitamin C: 10.44mg (12.66%), Vitamin K: 12.19µg (11.61%), Folate: 46.07µg (11.52%), Vitamin B1: 0.16mg (10.37%), Iron: 1.71mg (9.52%), Vitamin B3: 1.66mg (8.29%), Vitamin B2: 0.11mg (6.51%), Copper: 0.12mg (6.09%), Potassium: 192.77mg (5.51%), Phosphorus: 51.7mg (5.17%), Vitamin E: 0.77mg (5.11%), Magnesium: 19.29mg (4.82%), Selenium: 3.2µg (4.56%), Calcium: 36.49mg (3.65%), Vitamin B5: 0.36mg (3.59%), Vitamin B6: 0.07mg (3.37%), Zinc: 0.45mg (2.99%), Vitamin A: 111.72IU (2.23%)