

Berry Best Fried Pies

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



199 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 2 cups blueberries fresh
- 0.3 cup buttermilk
- 0.5 cup canola oil
- 1 tablespoon cornstarch
- 2 cups flour all-purpose
- 10 servings cooking oil for frying
- 0.3 teaspoon salt

- 0.5 cup sugar
- 0.5 cup water

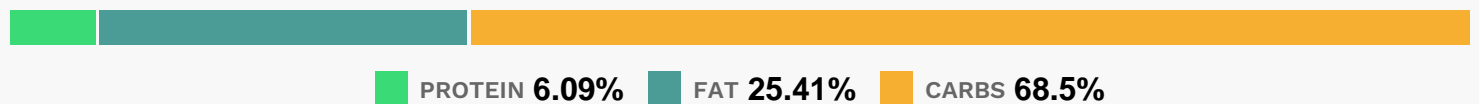
Equipment

- frying pan
- paper towels
- sauce pan

Directions

- In a saucepan, combine the sugar, cornstarch and water; add berries. Cook and stir over medium heat until the mixture comes to a boil. Cook and stir for 2 minutes; set aside to cool.
- Combine the flour, baking soda and salt.
- Combine oil and buttermilk; stir into dry ingredients until mixture forms a ball.
- Roll on a floured surface to 1/8-in. thickness; cut into 4-1/2 in. circles.
- Place 1 tablespoon blueberry filling on each circle. Fold over; seal edges with fork.
- In a skillet over medium heat, fry pies in 1/4 to 1/2 in. hot oil until golden brown, about 1-1/2 minutes on each side.
- Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:21.61, Glycemic Load:22.34, Inflammation Score:-3, Nutrition Score:5.2217391003733%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Luteolin: 0.06mg

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 198.93kcal (9.95%), Fat: 5.68g (8.74%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 33.06g (12.02%), Sugar: 13.39g (14.87%), Cholesterol: 0.88mg (0.29%), Sodium: 95.46mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin B1: 0.21mg (14.06%), Manganese: 0.27mg (13.56%), Selenium: 8.88µg (12.69%), Folate: 47.93µg (11.98%), Vitamin K: 9.41µg (8.96%), Vitamin B2: 0.15mg (8.9%), Vitamin B3: 1.61mg (8.03%), Vitamin E: 1.07mg (7.14%), Iron: 1.25mg (6.97%), Fiber: 1.39g (5.57%), Phosphorus: 37.46mg (3.75%), Vitamin C: 2.87mg (3.48%), Copper: 0.06mg (2.9%), Magnesium: 8.22mg (2.05%), Vitamin B5: 0.18mg (1.77%), Potassium: 60.58mg (1.73%), Zinc: 0.26mg (1.7%), Calcium: 15.23mg (1.52%), Vitamin B6: 0.03mg (1.46%)