

Berry Custard Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

DESSERT

Ingredients

- 1 cup baking mix
- 1 cup blackberries fresh
- 2 egg whites
- 3 tablespoons flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.5 teaspoon lemon zest
- 0.3 cup milk

- 1.5 cups raspberries
- 0.5 cup cup heavy whipping cream fat free sour
- 0.5 teaspoon vanilla extract
- 0.5 cup sugar white

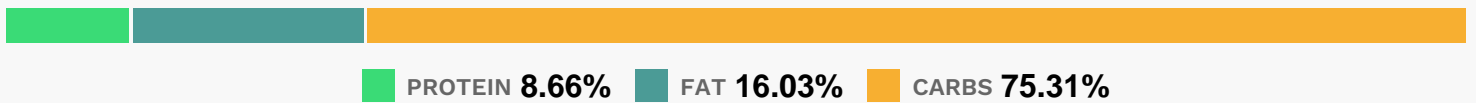
Equipment

- oven
- aluminum foil
- pie form

Directions

- Combine baking mix, 1 1/2 tablespoons sugar, milk, and lemon rind. Press with floured fingers into the bottom and up the sides of a pie dish that has been sprayed with a nonstick cooking spray.
- Sprinkle berries onto crust.
- Combine sour cream, egg whites, 1/2 cup white sugar, flour, spices, and vanilla extract.
- Pour over fruit. Cover edges of crust with foil.
- Bake at 450 degrees F (230 degrees C) for 10 minutes. Turn heat down to 350 degrees F (175 degrees C), and bake for 30 minutes, or until center is set.

Nutrition Facts



Properties

Glycemic Index:38.64, Glycemic Load:10.98, Inflammation Score:-3, Nutrition Score:6.109130444734%

Flavonoids

Cyanidin: 28.29mg, Cyanidin: 28.29mg, Cyanidin: 28.29mg, Cyanidin: 28.29mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg
Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg Epigallocatechin 3-gallate:
0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate:
0.24mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg,
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg,
Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 164.06kcal (8.2%), Fat: 2.97g (4.58%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 31.45g (10.48%), Net
Carbohydrates: 28.55g (10.38%), Sugar: 16.76g (18.62%), Cholesterol: 2.81mg (0.94%), Sodium: 228.62mg (9.94%),
Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 3.62g (7.24%), Manganese: 0.36mg (18.16%), Phosphorus:
126.57mg (12.66%), Vitamin C: 9.89mg (11.99%), Fiber: 2.9g (11.6%), Vitamin B2: 0.16mg (9.65%), Folate: 35.07µg
(8.77%), Vitamin B1: 0.13mg (8.75%), Calcium: 70.8mg (7.08%), Selenium: 4.73µg (6.76%), Vitamin K: 6.37µg
(6.07%), Vitamin B3: 1.13mg (5.65%), Iron: 0.84mg (4.66%), Copper: 0.08mg (4.17%), Magnesium: 16.64mg (4.16%),
Potassium: 138.19mg (3.95%), Vitamin B5: 0.32mg (3.22%), Vitamin E: 0.44mg (2.91%), Zinc: 0.42mg (2.81%),
Vitamin B12: 0.16µg (2.72%), Vitamin B6: 0.04mg (2.02%), Vitamin A: 100.17IU (2%)