



Berry Ginger Pie

READY IN



45 min.

SERVINGS



8

CALORIES



345 kcal

DESSERT

Ingredients

- ☐ 1 large eggs
- ☐ 1.5 tablespoons ginger fresh minced
- ☐ 4 tablespoons .3 oz. of pearl tapioca instant
- ☐ 6 cups poached berries mixed such as strawberries, raspberries, blueberries and blackberries
- ☐ 2 piecrusts refrigerated homemade (or a 15 oz. box)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon butter unsalted cold cut into small pieces

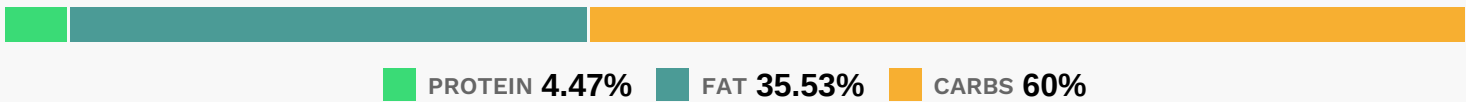
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425F. Bring 1 piecrust to room temperature.
- ☐ Roll out and fit into a 9-inch pie plate, letting excess hang over. Line a rimmed baking sheet with foil.
- ☐ Place pie plate on baking sheet.
- ☐ Toss berries in a bowl with tapioca, sugar, salt and ginger.
- ☐ Transfer to pie shell. Dot fruit with butter.
- ☐ Remove second dough circle from refrigerator and roll out (or unroll packaged dough).
- ☐ Cut a few slits in crust with a sharp paring knife to vent pie.
- ☐ Whisk egg with 2 tsp. water; brush on edge of pie shell.
- ☐ Lay dough disk on filling. Press edges together and trim excess, leaving 1 inch hanging over.
- ☐ Roll dough edge under itself; crimp.
- ☐ Brush top of crust with egg wash; sprinkle with sugar, if desired.
- ☐ Bake pie for 10 minutes. Lower oven temperature to 350F; bake for 45 to 50 minutes. Cool pie on a rack for 1 hour.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:8.76, Inflammation Score:-4, Nutrition Score:6.6682608749556%

Flavonoids

Cyanidin: 5.07mg, Cyanidin: 5.07mg, Cyanidin: 5.07mg, Cyanidin: 5.07mg Petunidin: 21.11mg, Petunidin: 21.11mg, Petunidin: 21.11mg, Petunidin: 21.11mg Delphinidin: 25.1mg, Delphinidin: 25.1mg, Delphinidin: 25.1mg, Delphinidin: 25.1mg Malvidin: 57.72mg, Malvidin: 57.72mg, Malvidin: 57.72mg, Malvidin: 57.72mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 344.98kcal (17.25%), Fat: 13.89g (21.37%), Saturated Fat: 4.63g (28.92%), Carbohydrates: 52.76g (17.59%), Net Carbohydrates: 48.54g (17.65%), Sugar: 22.34g (24.83%), Cholesterol: 27.01mg (9%), Sodium: 329.69mg (14.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.87%), Vitamin K: 22.31µg (21.25%), Manganese: 0.36mg (18.22%), Fiber: 4.23g (16.91%), Vitamin B1: 0.16mg (10.47%), Folate: 41.02µg (10.26%), Vitamin B3: 1.77mg (8.84%), Vitamin B2: 0.15mg (8.66%), Iron: 1.44mg (8%), Selenium: 4.56µg (6.51%), Vitamin E: 0.86mg (5.75%), Phosphorus: 56.63mg (5.66%), Vitamin B6: 0.1mg (5.13%), Vitamin B5: 0.42mg (4.18%), Copper: 0.08mg (3.95%), Vitamin C: 2.97mg (3.6%), Potassium: 118.77mg (3.39%), Magnesium: 13.54mg (3.39%), Vitamin A: 131.38IU (2.63%), Zinc: 0.36mg (2.41%), Calcium: 21.72mg (2.17%), Vitamin D: 0.15µg (1.01%)