



WHATSheATE



Berry Lover's Delight Pie

READY IN



145 min.

SERVINGS



8

CALORIES



409 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh
- ☐ 2 tablespoons cornstarch
- ☐ 10 tablespoons granulated sugar
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 3 cups strawberries fresh hulled halved
- ☐ 4 tablespoons water
- ☐ 4 oz chocolate white

Equipment

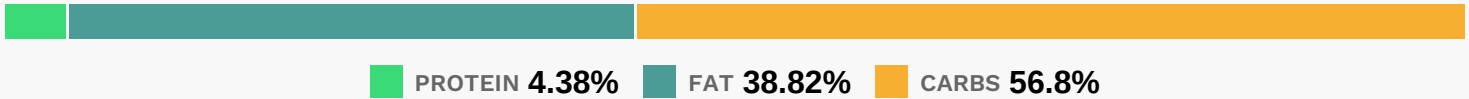
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ double boiler
- ☐ stove
- ☐ microwave

Directions

- ☐ Heat oven to 450°F. Unroll 1 pie crust in ungreased 9-inch glass pie plate. Press crust against side and bottom. Prick bottom and side of crust with fork.
- ☐ Bake 10 to 12 minutes or until light brown. Cool completely; about 35 minutes.
- ☐ Meanwhile, cut out small heart shapes from second pie crust.
- ☐ Bake them on a cookie sheet for about 5 minutes or until golden brown; cool. Dust with powdered sugar. Set aside.
- ☐ Slice a few chocolate curls or shavings from side of white chocolate bar; set aside for decoration.
- ☐ Melt the rest of the bar in a double boiler on stovetop or in microwave on Medium 1 to 2 minutes or until it stirs smooth; spread in the bottom of the cooled pie crust. Refrigerate 10 minutes.
- ☐ Place a 3 1/2-inch biscuit cutter in the center of the pie shell and surround with 2 cups halved strawberries. Fill the center with blueberries (about 1 cup) up to strawberry level.
- ☐ Place remaining strawberries in 2-quart saucepan with 5 tablespoons of the granulated sugar and 1 tablespoon of the water.
- ☐ Heat to boiling over medium-high heat. Crush strawberries. Strain the juice from the strawberries, and put about 2/3 cup of the juice back in the pan.
- ☐ Mix together 1 tablespoon of the cornstarch with 1 tablespoon water.
- ☐ Add the cornstarch mixture to the strawberry juice mixture. Cook over low heat about 4 minutes or until thickened. Spoon over strawberries and refrigerate for 10 minutes.
- ☐ Meanwhile, clean out the saucepan; add remaining blueberries, 5 tablespoons granulated sugar and 1 tablespoon water.

- ☐
- Heat to boiling, and crush blueberries. Using the same procedure as with the strawberries, strain and return to pan with 1 tablespoon cornstarch and 1 tablespoon water that has been mixed together. Cook over low heat until thickened. Spoon blueberry mixture over blueberries.
- ☐
- Refrigerate pie for 2 hours; remove center ring. Decorate pie with pie crust hearts and chocolate curls or shavings. Awesome served with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:19.34, Inflammation Score:-4, Nutrition Score:8.6795651809029%

Flavonoids

Cyanidin: 4.04mg, Cyanidin: 4.04mg, Cyanidin: 4.04mg, Cyanidin: 4.04mg Petunidin: 11.73mg, Petunidin: 11.73mg, Petunidin: 11.73mg, Petunidin: 11.73mg Delphinidin: 13.28mg, Delphinidin: 13.28mg, Delphinidin: 13.28mg, Delphinidin: 13.28mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 408.64kcal (20.43%), Fat: 17.92g (27.57%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 58.98g (19.66%), Net Carbohydrates: 55.71g (20.26%), Sugar: 29.66g (32.95%), Cholesterol: 2.98mg (0.99%), Sodium: 218.87mg (9.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Vitamin C: 35.41mg (42.92%), Manganese: 0.56mg (27.83%), Fiber: 3.26g (13.06%), Folate: 51.17µg (12.79%), Vitamin K: 13.27µg (12.64%), Vitamin B1: 0.17mg (11.54%), Iron: 1.68mg (9.31%), Vitamin B2: 0.15mg (9.11%), Vitamin B3: 1.82mg (9.09%), Phosphorus: 78.61mg (7.86%), Potassium: 200.51mg (5.73%), Selenium: 3.89µg (5.55%), Calcium: 48.98mg (4.9%), Vitamin E: 0.73mg (4.89%), Copper: 0.1mg (4.81%), Magnesium: 18.58mg (4.64%), Vitamin B5: 0.4mg (4.02%), Vitamin B6: 0.08mg (3.88%), Zinc: 0.47mg (3.12%), Vitamin B12: 0.08µg (1.32%)