



## Blackberry-Apple Pie

 Vegetarian

READY IN



460 min.

SERVINGS



10

CALORIES



317 kcal

DESSERT

### Ingredients

- ☐ 0.8 cup butter cold cut into pieces
- ☐ 1 large eggs lightly beaten
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 cup ice water
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sparkling sugar
- ☐ 6 oz cheddar cheese shredded white

### Equipment

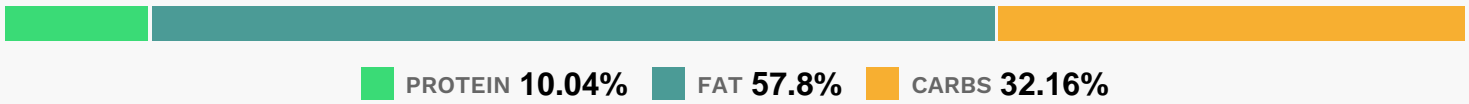
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

## Directions

- ☐ Stir together flour and salt in a large bowl.
- ☐ Cut butter into flour mixture with a pastry blender until mixture resembles small peas. Stir in cheese.
- ☐ Drizzle 1/2 cup ice water over flour mixture, stirring with a fork until dry ingredients are moistened and dough is crumbly but forms a ball when pressed together, adding more ice water, 1 Tbsp. at a time, if necessary (up to 1/4 cup). Divide dough in half.
- ☐ Place each half on a large piece of plastic wrap. Shape each dough half into a flat disk. Wrap each disk in plastic wrap, and chill 2 to 24 hours.
- ☐ Preheat oven to 40
- ☐ Place 1 dough disk on a lightly floured surface; sprinkle dough lightly with flour.
- ☐ Roll dough to about 1/4-inch thickness. Starting at 1 edge of dough, wrap dough around rolling pin.
- ☐ Place rolling pin over a 9-inch pie plate, and unroll dough over pie plate. Press dough into pie plate; trim off excess crust along edges.
- ☐ Brush edges of crust lightly with egg; reserve remaining egg. Spoon Blackberry-Apple Pie Filling into crust, mounding filling slightly in center.
- ☐ Roll remaining dough disk to about 1/4-inch thickness on a lightly floured surface.
- ☐ Cut dough into 9 (1-inch-wide) strips. Arrange strips in a lattice design over filling; gently press ends of strips into bottom crust; crimp edge of crust.
- ☐ Brush lattice with reserved egg; sprinkle with sparkling sugar.
- ☐ Place on a baking sheet.

- ☐
- Bake at 400 on lower oven rack 45 to 50 minutes. Cover loosely with foil to prevent excessive browning, and bake 25 more minutes or until juices are thick and bubbly. Cool on a wire rack 2 hours.
- ☐
- Try This Twist! Cranberry–Apple Pie: Substitute Cranberry–Apple Pie Filling for Blackberry–Apple Pie Filling. Prepare as directed.

Nutrition Facts



Properties

Glycemic Index:22.21, Glycemic Load:18.21, Inflammation Score:-5, Nutrition Score:7.5056521218756%

Nutrients (% of daily need)

Calories: 316.99kcal (15.85%), Fat: 20.38g (31.35%), Saturated Fat: 12.22g (76.39%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 24.66g (8.97%), Sugar: 1.37g (1.52%), Cholesterol: 72.21mg (24.07%), Sodium: 461.59mg (20.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.93%), Selenium: 17.12µg (24.46%), Vitamin B1: 0.25mg (16.87%), Folate: 63.62µg (15.91%), Vitamin B2: 0.26mg (15.19%), Calcium: 132.34mg (13.23%), Phosphorus: 125.64mg (12.56%), Vitamin A: 622.89IU (12.46%), Manganese: 0.22mg (10.84%), Vitamin B3: 1.86mg (9.32%), Iron: 1.57mg (8.73%), Zinc: 0.92mg (6.16%), Vitamin B12: 0.25µg (4.23%), Vitamin E: 0.59mg (3.96%), Fiber: 0.84g (3.38%), Magnesium: 12.53mg (3.13%), Vitamin B5: 0.3mg (3.03%), Copper: 0.06mg (2.82%), Vitamin B6: 0.03mg (1.72%), Potassium: 57.59mg (1.65%), Vitamin K: 1.71µg (1.63%), Vitamin D: 0.2µg (1.35%)