



Blackberry-Apple Pie Filling

 Vegetarian

READY IN



105 min.

SERVINGS



45

CALORIES



84 kcal

DESSERT

Ingredients

- 3 pounds braeburn apples
- 12 oz blackberries frozen (2 cups)
- 0.5 cup butter
- 0.5 cup flour all-purpose
- 1 tablespoon flour all-purpose
- 3 pounds granny smith apples
- 1.5 cups sugar

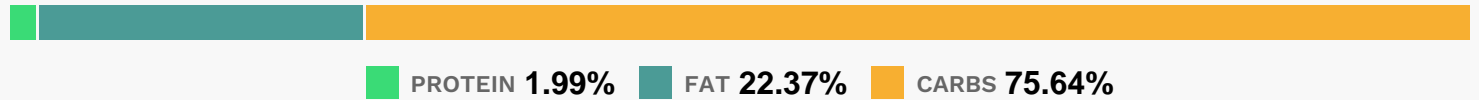
Equipment

frying pan

Directions

- Peel apples, and cut into 1/2-inch-thick wedges; toss with sugar and 1/2 cup flour.
- Melt butter in a large skillet over medium-high heat; add apple mixture, and saute 15 to 20 minutes or until apples are tender.
- Remove from heat. Cool completely (about 1 hour).
- Toss frozen blackberries with 1 Tbsp. flour, and stir into apple mixture. Use immediately.
- Try This Twist! Cranberry-Apple Pie Filling: Omit blackberries and 1 Tbsp. flour. Reduce remaining flour from 1/2 cup to 1/3 cup. Stir in 1 cup sweetened dried cranberries just before removing apples from heat in Step

Nutrition Facts



Properties

Glycemic Index:7.98, Glycemic Load:7.8, Inflammation Score:-2, Nutrition Score:1.7847826095379%

Flavonoids

Cyanidin: 8.51mg, Cyanidin: 8.51mg, Cyanidin: 8.51mg, Cyanidin: 8.51mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 84.11kcal (4.21%), Fat: 2.22g (3.42%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 15.01g (5.46%), Sugar: 13.32g (14.8%), Cholesterol: 5.42mg (1.81%), Sodium: 17mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.89%), Fiber: 1.89g (7.58%), Vitamin C: 4.37mg (5.3%), Manganese: 0.08mg (4.04%), Vitamin K: 3.01µg (2.87%), Potassium: 79.36mg (2.27%), Vitamin A: 111.87IU (2.24%), Vitamin E: 0.26mg (1.71%), Folate: 6.63µg (1.66%), Vitamin B2: 0.03mg (1.62%), Vitamin B1: 0.02mg (1.61%), Copper:

0.03mg (1.58%), Vitamin B6: 0.03mg (1.39%), Magnesium: 4.93mg (1.23%), Iron: 0.2mg (1.09%), Phosphorus: 10.6mg (1.06%)