



Blackberry Buttermilk Pie

 Gluten Free

READY IN



480 min.

SERVINGS



8

CALORIES



181 kcal

DESSERT

Ingredients

- 1 pint blackberries fresh
- 1.5 cups buttermilk
- 1.5 teaspoons gelatin powder unflavored
- 0.5 cup granulated sugar divided
- 0.8 cup cup heavy whipping cream
- 1 teaspoon lemon zest
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

- bowl
- sauce pan
- baking paper
- oven
- sieve
- aluminum foil

Directions

- Adjust oven rack to lower middle position and preheat oven to 425°F. When oven is ready, line chilled pie shell with foil or parchment paper and fill with weights (I reuse dried beans for this), and bake on the lowest rack of the oven for 15 minutes.
- Remove weights and liner, turn pie, and bake until the bottom crust is a golden brown, about 10 minutes.
- Remove pie shell from oven and allow to cool completely.
- Place 1/4 cup cold water in a small bowl and sprinkle with gelatin. Allow to sit until softened, about 2 minutes.
- Add heavy cream, salt, and 1/4 cup sugar to a medium saucepan set over low heat, stir to combine and slowly bring the mixture to just a simmer. Once it starts to bubble on the edges, remove it from the heat and stir in the gelatin until it is completely dissolved. Stir in the buttermilk and vanilla.
- Pour the mixture through a fine mesh strainer into the pie shell and chill for at least 4 hours, until the filling has set.
- When ready to serve: In a medium bowl combine berries, remaining sugar, and zest. Toss to combine and allow to sit for ten minutes, until the berries begin to become juicy and the sugar has dissolved. Top the set pie with the berries and service immediately.

Nutrition Facts



PROTEIN 7.57% **FAT 47.45%** **CARBS 44.98%**

Properties

Glycemic Index:15.76, Glycemic Load:10.04, Inflammation Score:-5, Nutrition Score:6.5821738865065%

Flavonoids

Cyanidin: 59.12mg, Cyanidin: 59.12mg, Cyanidin: 59.12mg, Cyanidin: 59.12mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.92mg, Catechin: 21.92mg, Catechin: 21.92mg, Catechin: 21.92mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 181.39kcal (9.07%), Fat: 9.88g (15.19%), Saturated Fat: 6g (37.47%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 17.91g (6.51%), Sugar: 18.28g (20.31%), Cholesterol: 30.16mg (10.05%), Sodium: 128.19mg (5.57%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 3.55g (7.09%), Manganese: 0.39mg (19.34%), Vitamin C: 12.88mg (15.61%), Fiber: 3.16g (12.65%), Vitamin K: 12.56µg (11.96%), Vitamin A: 528.94IU (10.58%), Calcium: 84.6mg (8.46%), Vitamin B2: 0.14mg (8.21%), Phosphorus: 64.56mg (6.46%), Copper: 0.13mg (6.45%), Vitamin D: 0.94µg (6.28%), Vitamin E: 0.93mg (6.2%), Potassium: 179.29mg (5.12%), Folate: 18.19µg (4.55%), Magnesium: 18.16mg (4.54%), Selenium: 2.94µg (4.21%), Vitamin B12: 0.24µg (4.05%), Vitamin B5: 0.39mg (3.93%), Zinc: 0.54mg (3.61%), Vitamin B1: 0.04mg (2.52%), Iron: 0.42mg (2.34%), Vitamin B3: 0.44mg (2.2%), Vitamin B6: 0.04mg (2.12%)