



Blackberry Pie

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract pure
- ☐ 6 tablespoons cornstarch
- ☐ 6 half-pints blackberries
- ☐ 8 servings flaky pie crust
- ☐ 1 pinch salt
- ☐ 1.5 cups sugar
- ☐ 1.5 tablespoons butter unsalted cut into small pieces

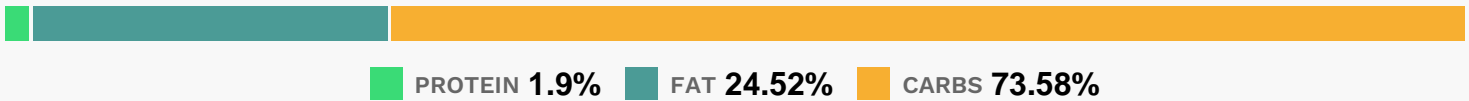
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 35
- ☐ Set a baking sheet lined with foil on the bottom rack. In a large bowl, toss 1 half-pint of the blackberries with the sugar, cornstarch, almond extract and salt; lightly crush the berries. Fold in the remaining berries and let stand for 5 minutes.
- ☐ Spoon the fruit and any accumulated juices into a 9-inch glass pie plate lined with 1 round of the Flaky Pie Crust. Dot the filling with the butter. Lightly brush the pastry rim with water. Position the rolled-out top crust over the filling and press the edges together to seal. Trim the overhang to 1/2 inch, fold it under itself and crimp decoratively.
- ☐ Bake the pie in the center of the oven for 1 1/2 hours, or until the filling is bubbling and the crust is deep golden. Cover the edge with strips of foil halfway through baking to prevent overbrowning.
- ☐ Transfer to a wire rack and let cool for at least 4 hours before cutting.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:26.18, Inflammation Score:-1, Nutrition Score:1.6469565183734%

Nutrients (% of daily need)

Calories: 284.51kcal (14.23%), Fat: 7.88g (12.12%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 52.62g (19.14%), Sugar: 37.47g (41.64%), Cholesterol: 5.91mg (1.97%), Sodium: 93.43mg (4.06%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 1.37g (2.74%), Manganese: 0.1mg (4.95%), Vitamin B1: 0.06mg (3.92%), Folate: 14.98µg (3.74%), Iron: 0.6mg (3.34%), Vitamin B3: 0.58mg (2.88%), Vitamin B2: 0.05mg (2.69%), Selenium: 1.65µg (2.36%), Fiber: 0.59g (2.34%), Phosphorus: 17.43mg (1.74%), Vitamin K: 1.74µg (1.66%), Vitamin A: 68.47IU (1.37%), Copper: 0.02mg (1.11%), Vitamin E: 0.16mg (1.07%)