



Blackberry Pie IV

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



121 kcal

DESSERT

Ingredients

- 4 cups blackberries
- 2 tablespoons butter
- 3 tablespoons .3 oz. of pearl tapioca
- 0.5 cup sugar white

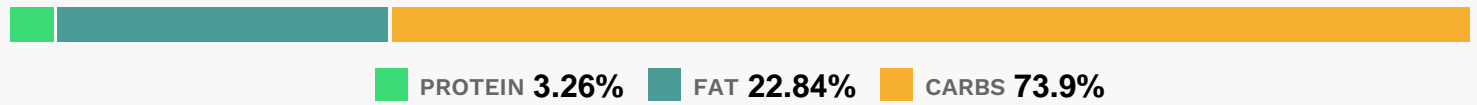
Equipment

- oven
- mixing bowl

Directions

- Preheat oven to 350 degrees F (175 degrees C.)
- In a large mixing bowl, combine blackberries, sugar and tapioca. Be careful not to damage the berries.
- Pour into pie crust. Cover with top crust, seal and crimp edges, then cut slits in the top for steam vents. Top with pats of butter.
- Bake in the preheated oven for 30 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:27.84, Glycemic Load:12.7, Inflammation Score:-5, Nutrition Score:5.1200000763587%

Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 120.96kcal (6.05%), Fat: 3.23g (4.97%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 19.67g (7.15%), Sugar: 16.15g (17.94%), Cholesterol: 7.53mg (2.51%), Sodium: 23.4mg (1.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Manganese: 0.47mg (23.54%), Vitamin C: 15.12mg (18.33%), Fiber: 3.86g (15.43%), Vitamin K: 14.5µg (13.81%), Vitamin E: 0.92mg (6.16%), Copper: 0.12mg (6.03%), Vitamin A: 241.54IU (4.83%), Folate: 18.29µg (4.57%), Magnesium: 14.52mg (3.63%), Potassium: 118.25mg (3.38%), Iron: 0.53mg (2.93%), Zinc: 0.39mg (2.61%), Vitamin B3: 0.47mg (2.33%), Calcium: 22.78mg (2.28%), Vitamin B5: 0.21mg (2.09%), Phosphorus: 17.01mg (1.7%), Vitamin B2: 0.02mg (1.31%), Vitamin B6: 0.02mg (1.1%)