



# Blackberry Pie With Lemon Verbena Whip Cream

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



233 kcal

DESSERT

## Ingredients

- 4 cups blackberries fresh
- 1 tablespoon butter
- 0.5 teaspoon cinnamon
- 10 servings puff pastry for 2 crust pie
- 3 tablespoons flour
- 4 optional: lemon
- 0.5 teaspoon nutmeg

- 2 tablespoons sugar
- 2 cups whipping cream fresh

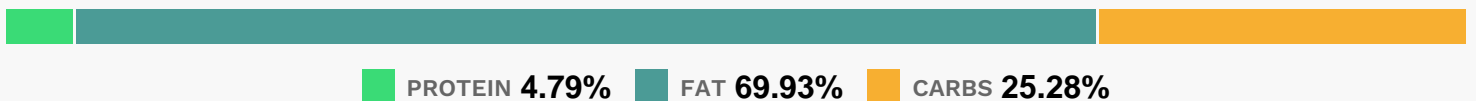
## Equipment

- bowl
- sauce pan
- oven
- mixing bowl
- hand mixer
- pie form

## Directions

- Preheat oven to 450F. Chill a mixing bowl in the freezer. Line 9 inch pie pan with half the pastry. Cover and chill.
- Combine blackberries, flour, spices and sugar together in another mixing bowl. Spoon into pie shell. Cover with remaining pastry.
- Cut steam vents.
- Bake in 450F degree oven for 15 minutes. Reduce oven temperature to 350F degrees.
- Bake 34 to 40 minutes longer or until browned. Meanwhile, add cream and 3 lemon verbena leaves to a small saucepan.
- Heat cream over medium-high heat, only at a simmer for 5 minutes.
- Pour cream and verbena leaves into a glass container and chill for 20 minutes.
- Remove verbena leaves from cream.
- Pour cream into the chilled bowl and whip using an electric mixer.
- Add sugar to taste. Once pie has cooled serve lemon verbena infused whip cream on the side.

## Nutrition Facts



## Properties

Glycemic Index:37.66, Glycemic Load:4.52, Inflammation Score:-7, Nutrition Score:8.4469565217391%

## Flavonoids

Cyanidin: 57.57mg, Cyanidin: 57.57mg, Cyanidin: 57.57mg, Cyanidin: 57.57mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.35mg, Catechin: 21.35mg, Catechin: 21.35mg, Catechin: 21.35mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 9.23mg, Eriodictyol: 9.23mg, Eriodictyol: 9.23mg, Eriodictyol: 9.23mg Hesperetin: 12.05mg, Hesperetin: 12.05mg, Hesperetin: 12.05mg, Hesperetin: 12.05mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

## Taste

Sweetness: 21.6%, Saltiness: 5.53%, Sourness: 100%, Bitterness: 71.01%, Savoriness: 6.93%, Fattiness: 52.03%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 232.89kcal (11.64%), Fat: 19.18g (29.51%), Saturated Fat: 11.82g (73.87%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 11.19g (4.07%), Sugar: 7.72g (8.58%), Cholesterol: 56.8mg (18.93%), Sodium: 25.88mg (1.13%), Protein: 2.95g (5.91%), Vitamin C: 35.28mg (42.77%), Manganese: 0.43mg (21.31%), Fiber: 4.41g (17.65%), Vitamin A: 867.88IU (17.36%), Vitamin K: 13.22µg (12.6%), Vitamin E: 1.22mg (8.12%), Vitamin B2: 0.13mg (7.53%), Folate: 26.08µg (6.52%), Calcium: 61.34mg (6.13%), Copper: 0.12mg (6.11%), Potassium: 202.33mg (5.78%), Vitamin D: 0.76µg (5.08%), Phosphorus: 50.84mg (5.08%), Magnesium: 19.23mg (4.81%), Iron: 0.81mg (4.48%), Selenium: 2.87µg (4.1%), Vitamin B1: 0.06mg (4.03%), Vitamin B5: 0.37mg (3.74%), Vitamin B6: 0.07mg (3.5%), Zinc: 0.47mg (3.15%), Vitamin B3: 0.62mg (3.12%), Vitamin B12: 0.08µg (1.31%)