



Blueberry Cream Pie

 Vegetarian

READY IN



50 min.

SERVINGS



10

CALORIES



84 kcal

DESSERT

Ingredients

- 1 quart blueberries fresh
- 2 egg whites
- 2 egg yolks
- 1 tablespoon flour all-purpose
- 1 tablespoon juice of lemon
- 0.3 cup milk
- 1 tablespoon quick-cooking tapioca
- 1 pinch salt

1 tablespoon sugar white

Equipment

bowl

oven

hand mixer

pie form

Directions

Preheat the oven to 425 degrees F (220 degrees C). Prepare pie pastry, and place into a 10 inch deep dish pie pan.

In a large bowl, whip egg yolks with an electric mixer on high speed until pale. Gradually add 1 cup sugar while mixing.

Mix until sugar has completely dissolved, and the yolks are thick and pale. This will take up to 15 minutes.

Mix in the tapioca, salt and lemon juice. Stir in the milk, and then carefully fold in the blueberries. In a large glass or metal bowl, whip egg whites to stiff peaks. Fold egg whites into the blueberry mixture.

Combine the remaining 1 tablespoon of sugar with the flour, and sprinkle into the bottom of the unbaked pie crust. This will absorb extra juice, and keep the pie from leaking.

Pour the filling into the prepared crust.

Bake for 10 minutes in the preheated oven, then reduce heat to 350 degrees F (175 degrees C).

Bake for an additional 40 to 60 minutes, or until pie is set.

Nutrition Facts



Properties

Glycemic Index:22.31, Glycemic Load:5.94, Inflammation Score:-4, Nutrition Score:4.6756521826205%

Flavonoids

Cyanidin: 8.01mg, Cyanidin: 8.01mg, Cyanidin: 8.01mg, Cyanidin: 8.01mg Petunidin: 29.84mg, Petunidin: 29.84mg, Petunidin: 29.84mg, Petunidin: 29.84mg Delphinidin: 33.53mg, Delphinidin: 33.53mg, Delphinidin: 33.53mg, Delphinidin: 33.53mg Malvidin: 63.96mg, Malvidin: 63.96mg, Malvidin: 63.96mg, Malvidin: 63.96mg Peonidin: 19.2mg, Peonidin: 19.2mg, Peonidin: 19.2mg, Peonidin: 19.2mg Catechin: 5.01mg, Catechin: 5.01mg, Catechin: 5.01mg, Catechin: 5.01mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 84.16kcal (4.21%), Fat: 1.49g (2.29%), Saturated Fat: 0.49g (3.03%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 14.79g (5.38%), Sugar: 11.02g (12.24%), Cholesterol: 39.61mg (13.2%), Sodium: 18.87mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin K: 18.31µg (17.44%), Manganese: 0.33mg (16.31%), Vitamin C: 9.76mg (11.83%), Fiber: 2.3g (9.18%), Vitamin B2: 0.1mg (5.69%), Selenium: 3.69µg (5.27%), Vitamin E: 0.64mg (4.25%), Vitamin B1: 0.05mg (3.42%), Vitamin B6: 0.07mg (3.34%), Phosphorus: 33.39mg (3.34%), Folate: 12.85µg (3.21%), Copper: 0.06mg (2.98%), Potassium: 98.1mg (2.8%), Vitamin B5: 0.26mg (2.64%), Vitamin B3: 0.45mg (2.27%), Vitamin A: 112.99IU (2.26%), Iron: 0.4mg (2.25%), Magnesium: 7.51mg (1.88%), Calcium: 18.46mg (1.85%), Vitamin B12: 0.11µg (1.81%), Zinc: 0.27mg (1.78%), Vitamin D: 0.26µg (1.74%)