



Blueberry Crumb Pie

 Popular

READY IN



70 min.

SERVINGS



8

CALORIES



442 kcal

DESSERT

Ingredients

- ☐ 5 cups blueberries fresh
- ☐ 0.7 cup brown sugar packed
- ☐ 6 tablespoons butter
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.8 cup rolled oats

- ☐ 1 9-inch unbaked pie crust ()
- ☐ 0.8 cup sugar white

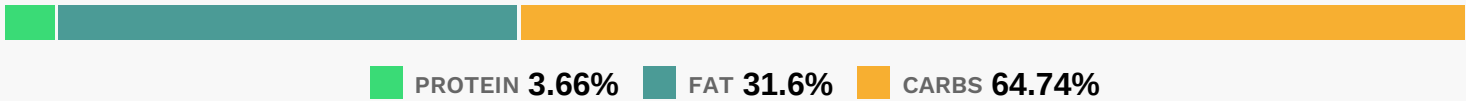
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Press the pie crust into the bottom and up the sides of a 9 inch pie plate. In a large bowl, stir together the sugar and flour.
- ☐ Mix in the lemon zest and lemon juice. Gently stir in the blueberries.
- ☐ Pour into the pie crust.
- ☐ In a medium bowl, stir together the brown sugar, oats, flour and cinnamon.
- ☐ Mix in butter using a fork until crumbly.
- ☐ Spread the crumb topping evenly over the pie filling.
- ☐ Bake for 40 minutes in the preheated oven, or until browned on top. Cool over a wire rack.

Nutrition Facts



Properties

Glycemic Index:35.01, Glycemic Load:23.64, Inflammation Score:-5, Nutrition Score:8.6413042467573%

Flavonoids

Cyanidin: 7.83mg, Cyanidin: 7.83mg, Cyanidin: 7.83mg, Cyanidin: 7.83mg Petunidin: 29.17mg, Petunidin: 29.17mg, Petunidin: 29.17mg, Petunidin: 29.17mg Delphinidin: 32.77mg, Delphinidin: 32.77mg, Delphinidin: 32.77mg, Delphinidin: 32.77mg Malvidin: 62.52mg, Malvidin: 62.52mg, Malvidin: 62.52mg, Malvidin: 62.52mg Peonidin: 18.77mg, Peonidin: 18.77mg, Peonidin: 18.77mg, Peonidin: 18.77mg Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 442.32kcal (22.12%), Fat: 15.98g (24.58%), Saturated Fat: 7.56g (47.25%), Carbohydrates: 73.65g (24.55%), Net Carbohydrates: 69.7g (25.35%), Sugar: 45.88g (50.98%), Cholesterol: 22.58mg (7.53%), Sodium: 176.68mg (7.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.33%), Manganese: 0.79mg (39.25%), Vitamin K: 20.63µg (19.64%), Fiber: 3.95g (15.79%), Vitamin B1: 0.2mg (13.37%), Vitamin C: 10.35mg (12.54%), Folate: 40.73µg (10.18%), Selenium: 6.81µg (9.73%), Iron: 1.75mg (9.73%), Vitamin B3: 1.64mg (8.19%), Vitamin B2: 0.14mg (8.16%), Phosphorus: 72.25mg (7.22%), Vitamin A: 313.33IU (6.27%), Vitamin E: 0.93mg (6.2%), Copper: 0.12mg (6.18%), Magnesium: 23.63mg (5.91%), Potassium: 161.9mg (4.63%), Zinc: 0.61mg (4.09%), Vitamin B6: 0.08mg (4.07%), Vitamin B5: 0.38mg (3.76%), Calcium: 35.38mg (3.54%)