



WHATSheATE



Blueberry Crumble Pie



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



249 kcal

DESSERT

Ingredients

- ☐ 5 cups blueberries fresh (1 pound 10 ounces)
- ☐ 0.5 teaspoons cinnamon
- ☐ 2.5 tablespoons cornstarch
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon fresh finely grated
- ☐ 3 tablespoons brown sugar light packed ()
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar

- ☐ 0.8 cup flour all-purpose
- ☐ 5 tablespoons butter unsalted cooled melted

Equipment

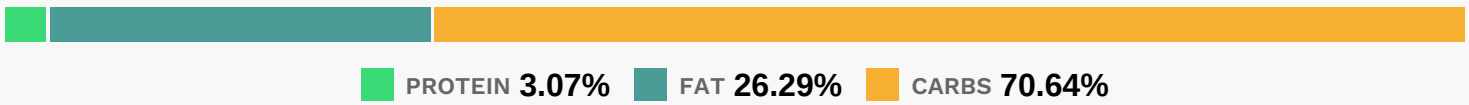
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Pulse 1 1/4 cups flour, butter, and salt in a food processor until mixture resembles coarse meal with some pea-size pieces remaining.
- ☐ Drizzle 3 tablespoons ice water over mixture. Pulse until moist clumps form, adding more water by teaspoonfuls if mixture is dry.
- ☐ Transfer dough to a lightly floured work surface. Divide into 4 equal pieces. Working with 1 piece at a time, use the heel of your hand to smear each portion of dough twice in a forward motion to distribute butter. Gather all 4 dough pieces into a ball. Flatten into a disk, wrap in plastic, and chill dough until firm, at least 1 hour. DO AHEAD: Dough can be made up to 2 days ahead. Keep chilled.
- ☐ Roll out dough on a lightly floured surface to a 13" round.
- ☐ Transfer to pie dish, gently pressing dough onto bottom and up sides of dish. Fold overhang under and crimp edges decoratively. Pierce bottom of crust in several places with a fork, then chill until firm, about 30 minutes.
- ☐ Line a large baking sheet with foil and place on a rack in middle of oven; preheat to 375°F. Line crust with parchment paper or foil and fill with pie weights.
- ☐ Bake until crust is set, about 20 minutes. Carefully remove parchment and pie weights.

- ☐ Bake until crust is pale golden, about 12 minutes longer.
- ☐ Transfer crust to a wire rack; let cool.
- ☐ Whisk 2/3 cup sugar, cornstarch, and lemon zest in a large bowl.
- ☐ Add blueberries and lemon juice; toss gently to coat and evenly distribute.
- ☐ Let filling stand, tossing occasionally, until berries release their juices, 20–30 minutes.
- ☐ Whisk flour, remaining 3 tablespoons sugar, light brown sugar, cinnamon, and salt in a medium bowl.
- ☐ Add melted butter; mix topping with fingertips to blend.
- ☐ Preheat oven to 375°. Spoon blueberry filling into crust, then sprinkle topping over.
- ☐ Bake pie until filling is bubbling and topping is golden, about 1 hour 15 minutes. Cover with foil after 30 minutes if browning too fast.
- ☐ Let pie cool on a wire rack. DO AHEAD: Can be made 8 hours ahead.
- ☐ Let stand at room temperature.

Nutrition Facts



Properties

Glycemic Index:23.76, Glycemic Load:22.58, Inflammation Score:-5, Nutrition Score:5.5943478656852%

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: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 249.36kcal (12.47%), Fat: 7.57g (11.65%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 45.8g (15.27%), Net Carbohydrates: 43.17g (15.7%), Sugar: 30.27g (33.63%), Cholesterol: 18.81mg (6.27%), Sodium: 221.81mg (9.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Manganese: 0.42mg (20.92%), Vitamin K: 18.54µg (17.66%), Vitamin C: 9.22mg (11.17%), Fiber: 2.63g (10.51%), Vitamin B1: 0.13mg (8.46%), Folate: 27.44µg (6.86%), Selenium: 4.38µg (6.26%), Vitamin B2: 0.1mg (6.01%), Vitamin B3: 1.09mg (5.45%), Vitamin A: 269.02IU (5.38%), Vitamin E: 0.74mg (4.94%), Iron: 0.87mg (4.83%), Copper: 0.08mg (3.81%), Vitamin B6: 0.06mg (2.79%), Potassium: 93.48mg (2.67%), Phosphorus: 26.49mg (2.65%), Magnesium: 8.9mg (2.23%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.25mg (1.64%), Calcium: 14.78mg (1.48%)