



Blueberry Crumble Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1172 kcal

DESSERT

Ingredients

- ☐ 5 cups blueberries fresh
- ☐ 0.8 cup brown sugar packed
- ☐ 8 ounce carton cream sour low-fat
- ☐ 0.3 cup breadcrumbs dry
- ☐ 3 tablespoons flour all-purpose
- ☐ 9 inch graham-cracker crust reduced-fat
- ☐ 1 tablespoon granulated sugar
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 1 tablespoon butter melted

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1.5 teaspoons vanilla extract

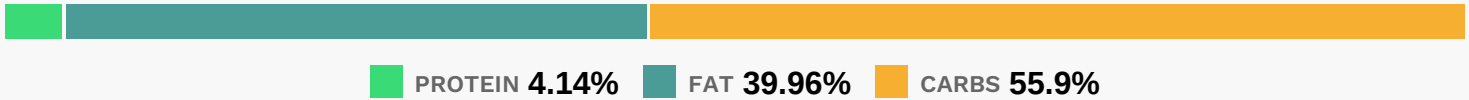
Equipment

- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 37
- ☐ Place blueberries in crust; set aside.
- ☐ Combine brown sugar, flour, vanilla, rind, and sour cream; spread over blueberries.
- ☐ Combine breadcrumbs, granulated sugar, and margarine; sprinkle over sour cream mixture.
- ☐ Bake at 375 for 40 minutes or until set and crumbs are lightly browned. Cool 1 hour on a wire rack.

Nutrition Facts



Properties

Glycemic Index:23.14, Glycemic Load:7.08, Inflammation Score:-7, Nutrition Score:22.815652178681%

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 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: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 1171.93kcal (58.6%), Fat: 52.36g (80.56%), Saturated Fat: 11.8 (73.73%), Carbohydrates: 164.82g (54.94%), Net Carbohydrates: 158.73g (57.72%), Sugar: 65.71g (73.01%), Cholesterol: 9.92mg (3.31%), Sodium: 972.37mg

(42.28%), Alcohol: 0.26g (100%), Alcohol %: 0.1% (100%), Protein: 12.21g (24.43%), Manganese: 2.84mg (141.87%), Vitamin K: 59.92µg (57.06%), Folate: 141.97µg (35.49%), Vitamin B3: 6.98mg (34.91%), Iron: 5.69mg (31.63%), Vitamin B1: 0.45mg (30.16%), Vitamin B2: 0.51mg (29.91%), Vitamin E: 4.21mg (28.06%), Phosphorus: 264.88mg (26.49%), Copper: 0.51mg (25.34%), Fiber: 6.09g (24.35%), Zinc: 2.76mg (18.38%), Magnesium: 56.45mg (14.11%), Calcium: 125.41mg (12.54%), Selenium: 8µg (11.44%), Vitamin C: 9.31mg (11.29%), Potassium: 386.47mg (11.04%), Vitamin B6: 0.21mg (10.67%), Vitamin B5: 0.52mg (5.15%), Vitamin A: 207.48IU (4.15%), Vitamin B12: 0.13µg (2.21%)