



Blueberry Goat Cheese Pie

READY IN



45 min.

SERVINGS



10

CALORIES



2564 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 5 cups blueberries fresh
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon basil fresh finely chopped
- ☐ 0.5 cup goat cheese soft
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup brown sugar light

- ☐ 0.5 cup butter cold cubed 1 stick
- ☐ 13 cup butter melted
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 10 servings water cold

Equipment

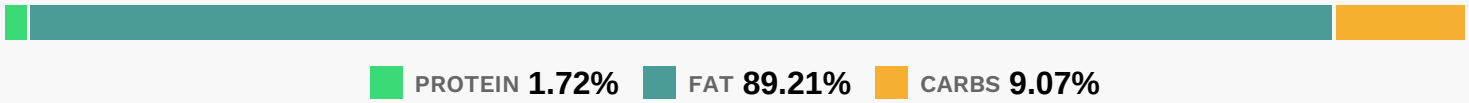
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ pie form

Directions

- ☐ Combine the flour, margarine, sugar, and salt in a large bowl. Work with your fingers gathering and crumbling until you have a crumbly mixture about the size of peas.
- ☐ In 2-tablespoon amounts (about 1/2 cup total), slowly add cold water, gently incorporating by hand. As soon as the dough comes together in a ball, wrap in plastic wrap and chill for 30 minutes.
- ☐ Mix together the goat cheese, heavy cream, egg, brown sugar, flour, salt, and basil in a bowl.
- ☐ Add the blueberries and combine; the texture will be like a thick cake batter.
- ☐ Mix together the almonds, sugar, and margarine in a bowl and set aside.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Roll out the dough on a floured surface to 18-inch thickness and place into a 10-inch pie pan. Trim and crimp the edges and prick the bottom of the crust with a fork. Par-bake the crust for 15 minutes, or until firm.
- ☐ Let cool slightly.
- ☐ Pour the filling into the crust and sprinkle the topping over the top.

- ☐
- Bake for 35 to 40 minutes, until slightly bubbling and the crust is browned, rotating the pie halfway through.
- ☐
- Let the pie cool for 30 minutes on a wire rack before serving so the filling can firm up.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:27.01, Inflammation Score:-10, Nutrition Score:20.306956612546%

Flavonoids

Cyanidin: 6.49mg, Cyanidin: 6.49mg, Cyanidin: 6.49mg, Cyanidin: 6.49mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 4.03mg, Catechin: 4.03mg, Catechin: 4.03mg, Catechin: 4.03mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 2563.74kcal (128.19%), Fat: 259g (398.47%), Saturated Fat: 56.14g (350.87%), Carbohydrates: 59.26g (19.75%), Net Carbohydrates: 55.57g (20.21%), Sugar: 30.16g (33.51%), Cholesterol: 37.27mg (12.42%), Sodium: 2962.2mg (128.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Vitamin A: 11331.49IU (226.63%), Vitamin E: 12.48mg (83.19%), Manganese: 0.67mg (33.67%), Vitamin B2: 0.48mg (28.13%), Vitamin B1: 0.31mg (20.67%), Phosphorus: 200.4mg (20.04%), Selenium: 12.4µg (17.71%), Calcium: 168.58mg (16.86%), Folate: 67.46µg (16.86%), Copper: 0.31mg (15.5%), Vitamin K: 15.8µg (15.04%), Fiber: 3.69g (14.75%), Magnesium: 51.39mg (12.85%), Iron: 2.26mg (12.55%), Vitamin B3: 2.45mg (12.24%), Vitamin C: 7.9mg (9.57%), Potassium: 319.82mg (9.14%), Vitamin B5: 0.71mg (7.15%), Vitamin B6: 0.14mg (6.84%), Vitamin B12: 0.39µg (6.53%), Zinc: 0.83mg (5.53%), Vitamin D: 0.34µg (2.24%)