



Blueberry Pie

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



164 kcal

DESSERT

Ingredients

- 4 cups blueberries fresh
- 1 Tbsp butter
- 0.1 tsp ground cinnamon
- 1 Tbsp juice of lemon
- 0.3 cup minute tapioca
- 15 oz ready-to-use pie crusts refrigerated (2 crusts)
- 1 cup sugar

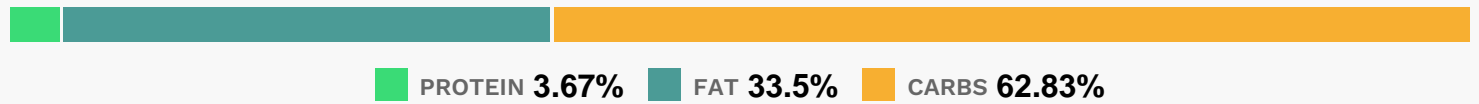
Equipment

oven

Directions

- Preheat oven to 400F. Toss blueberries with sugar, tapioca, lemon juice and cinnamon until evenly coated.
- Let stand 15 minutes.
- Prepare pie crust as directed on package for 2-crust pie, using 9-inch pie plate. Fill with fruit mixture. Dot with butter. Cover with second pie crust. Seal and flute edge.
- Cut several slits in top crust to allow steam to escape.
- Bake 45 to 50 minutes or until juices form bubbles that burst slowly. Cool.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:8.41, Inflammation Score:-2, Nutrition Score:2.5821739180095%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 164.44kcal (8.22%), Fat: 6.24g (9.6%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 26.33g (8.78%), Net Carbohydrates: 25.07g (9.12%), Sugar: 12.95g (14.39%), Cholesterol: 0mg (0%), Sodium: 93.97mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Manganese: 0.2mg (9.84%), Vitamin K: 7.27µg (6.92%), Fiber: 1.25g (5.01%), Vitamin B1: 0.07mg (4.65%), Folate: 16.82µg (4.2%), Vitamin C: 3.16mg (3.83%), Iron: 0.64mg

(3.57%), Vitamin B3: 0.7mg (3.49%), Vitamin B2: 0.05mg (2.97%), Vitamin E: 0.29mg (1.93%), Phosphorus: 19.09mg (1.91%), Selenium: 1.3µg (1.86%), Copper: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.32%), Potassium: 44.75mg (1.28%), Magnesium: 5.04mg (1.26%), Vitamin B5: 0.12mg (1.24%)