



Blueberry Pie

 Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



718 kcal

DESSERT

Ingredients

- 4.5 cups blueberries
- 5 tablespoons flour
- 1 optional: lemon
- 2 pie crust dough frozen store-bought
- 4 servings salt
- 1 cup sugar

Equipment

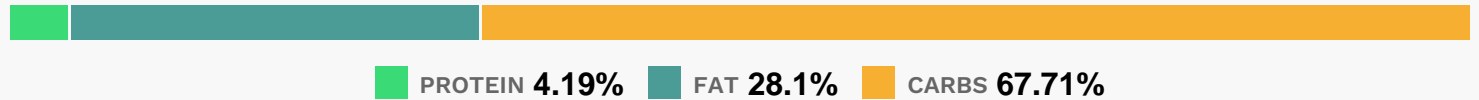
- bowl

- oven
- sieve
- pie form

Directions

- Preheat oven to 350 degrees. Unfold first pie crust and press into pie dish.
- Place blueberries in strainer and rinse.
- Drain berries and add to large bowl.
- Add flour and toss to coat.
- Add sugar, a squeeze of lemon and a dash of salt.
- Pour berries into pie shell.
- Cut other pie crust into 1 " strips.
- Place strips on top of crust in criss-cross pattern to form a lattice.
- Bake for 45 - 60 minutes or until bubbly.
- Serve.

Nutrition Facts



Properties

Glycemic Index:52.65, Glycemic Load:48.59, Inflammation Score:-7, Nutrition Score:14.414347778196%

Flavonoids

Cyanidin: 14.09mg, Cyanidin: 14.09mg, Cyanidin: 14.09mg, Cyanidin: 14.09mg Petunidin: 52.5mg, Petunidin: 52.5mg, Petunidin: 52.5mg, Petunidin: 52.5mg Delphinidin: 58.99mg, Delphinidin: 58.99mg, Delphinidin: 58.99mg, Delphinidin: 58.99mg Malvidin: 112.54mg, Malvidin: 112.54mg, Malvidin: 112.54mg, Malvidin: 112.54mg Peonidin: 33.78mg, Peonidin: 33.78mg, Peonidin: 33.78mg, Peonidin: 33.78mg Catechin: 8.81mg, Catechin: 8.81mg, Catechin: 8.81mg, Catechin: 8.81mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg

Kaempferol: 2.77mg, Kaempferol: 2.77mg Myricetin: 2.3mg, Myricetin: 2.3mg, Myricetin: 2.3mg, Myricetin: 2.3mg
Quercetin: 13.08mg, Quercetin: 13.08mg, Quercetin: 13.08mg, Quercetin: 13.08mg Gallocatechin: 0.2mg,
Gallic acid: 0.2mg, Gallic acid: 0.2mg, Gallic acid: 0.2mg

Nutrients (% of daily need)

Calories: 717.81kcal (35.89%), Fat: 23.04g (35.45%), Saturated Fat: 7.01g (43.79%), Carbohydrates: 124.94g (41.65%), Net Carbohydrates: 117.81g (42.84%), Sugar: 67.18g (74.65%), Cholesterol: 0mg (0%), Sodium: 544.33mg (23.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.47%), Manganese: 1.01mg (50.48%), Vitamin C: 30.46mg (36.92%), Vitamin K: 38.37µg (36.54%), Fiber: 7.13g (28.52%), Vitamin B1: 0.38mg (25.32%), Folate: 89.62µg (22.4%), Iron: 3.3mg (18.33%), Vitamin B3: 3.57mg (17.86%), Vitamin B2: 0.27mg (16.12%), Selenium: 8.6µg (12.28%), Phosphorus: 95.63mg (9.56%), Copper: 0.19mg (9.29%), Vitamin E: 1.39mg (9.24%), Vitamin B6: 0.15mg (7.74%), Potassium: 258.99mg (7.4%), Magnesium: 26.97mg (6.74%), Vitamin B5: 0.64mg (6.43%), Zinc: 0.74mg (4.91%), Calcium: 35.19mg (3.52%), Vitamin A: 96.7IU (1.93%)