



Blueberry Pie

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

DESSERT

Ingredients

- 0.3 cup flour for dusting all-purpose plus more
- 1 serving pie crust dough
- 1 large eggs
- 1 tablespoon milk
- 3 pints blueberries picked over
- 2 tablespoons juice of lemon freshly squeezed
- 0.5 cup sugar
- 0.3 teaspoon ground cinnamon
- 2 tablespoons butter unsalted cut into small pieces

Equipment

- frying pan
- oven
- whisk
- pie form

Directions

- On a lightly floured work surface, roll out half the dough to 1/8-inch-thick circle, about 13 inches in diameter. Drape dough over a 9-inch pie pan, and transfer to refrigerator to chill for about 30 minutes.
- Heat oven to 425 degrees.
- Whisk together egg and milk to make egg wash, and set aside.
- Combine blueberries, lemon juice, sugar, flour, and cinnamon, and turn onto chilled bottom crust. Dot with butter.
- Roll out the remaining dough to the same size and thickness.
- Brush the rim of the crust with the egg wash, place the other piece of dough on top, trim to 1/2 inch over edge of pan, and crimp the edges with a fork or your fingers.
- Transfer the pie to the refrigerator to chill until firm, about 30 minutes.
- Brush with the egg wash, and bake for 20 minutes. Reduce heat to 350 degrees and bake for 30 to 40 minutes more or until juices are bubbling.
- Let cool before serving.

Nutrition Facts



Properties

Glycemic Index:28.51, Glycemic Load:19.51, Inflammation Score:-6, Nutrition Score:8.2099999707678%

Flavonoids

Cyanidin: 15.01mg, Cyanidin: 15.01mg, Cyanidin: 15.01mg, Cyanidin: 15.01mg Petunidin: 55.95mg, Petunidin: 55.95mg, Petunidin: 55.95mg, Petunidin: 55.95mg Delphinidin: 62.87mg, Delphinidin: 62.87mg, Delphinidin: 62.87mg, Delphinidin: 62.87mg Malvidin: 119.93mg, Malvidin: 119.93mg, Malvidin: 119.93mg, Malvidin: 119.93mg Peonidin: 36mg, Peonidin: 36mg, Peonidin: 36mg, Peonidin: 36mg Catechin: 9.39mg, Catechin: 9.39mg, Catechin: 9.39mg, Catechin: 9.39mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg Quercetin: 13.62mg, Quercetin: 13.62mg, Quercetin: 13.62mg, Quercetin: 13.62mg Gallocatechin: 0.21mg, Gallocatechin: 0.21mg, Gallocatechin: 0.21mg, Gallocatechin: 0.21mg

Nutrients (% of daily need)

Calories: 211.76kcal (10.59%), Fat: 4.86g (7.48%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 42.9g (14.3%), Net Carbohydrates: 38.42g (13.97%), Sugar: 30.37g (33.74%), Cholesterol: 31mg (10.33%), Sodium: 22.86mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.55%), Vitamin K: 34.74µg (33.09%), Manganese: 0.65mg (32.42%), Vitamin C: 18.67mg (22.62%), Fiber: 4.47g (17.9%), Vitamin E: 1.18mg (7.87%), Vitamin B2: 0.13mg (7.76%), Vitamin B1: 0.11mg (7.22%), Folate: 23.45µg (5.86%), Copper: 0.12mg (5.78%), Vitamin B6: 0.11mg (5.45%), Selenium: 3.72µg (5.32%), Vitamin B3: 1.06mg (5.28%), Iron: 0.87mg (4.84%), Potassium: 160.05mg (4.57%), Vitamin A: 220.51IU (4.41%), Phosphorus: 42.87mg (4.29%), Vitamin B5: 0.36mg (3.6%), Magnesium: 13.21mg (3.3%), Zinc: 0.42mg (2.79%), Calcium: 19.36mg (1.94%), Vitamin D: 0.2µg (1.32%), Vitamin B12: 0.07µg (1.2%)