



Blueberry Pie



Vegetarian



Popular

READY IN



120 min.

SERVINGS



8

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 1 recipe for a top and bottom crust from our no-fail pastry crust dough
- ☐ 6 cups blueberries fresh frozen rinsed () (or) (if using , defrost and drain first)
- ☐ 1 teaspoon lemon zest
- ☐ 1 Tbsp juice of lemon
- ☐ 30 g cooking "minute" tapioca all-purpose quick (for thickening)
- ☐ 100 g granulated sugar white
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 eggs

☐ 1 tablespoon milk

Equipment

☐ bowl

☐ frying pan

☐ oven

☐ whisk

☐ wire rack

☐ baking pan

☐ aluminum foil

☐ pie form

Directions

☐ Remove a dough disk from refrigerator and let sit for 5 to 10 minutes to take the chill off.

☐ Place it on a lightly floured clean, flat surface.

☐ Roll it out into a circle about 13 inches wide.

☐ Place the rolled out dough on to a 9-inch pie pan. Trim the edges to 1/2 inch over the edge of the pan.

☐ Place in the refrigerator to chill.

☐ Make the blueberry filling:

☐ Place the blueberries, sugar, cornstarch (or flour or quick tapioca), cinnamon, lemon zest, and lemon juice in a large bowl. Gently stir them so that all of the blueberries are coated with some sugar and flour.

☐ Fill the bottom crust with the berries:

☐ Remove the bottom crust from the refrigerator and place the sugar coated berries into the pan.

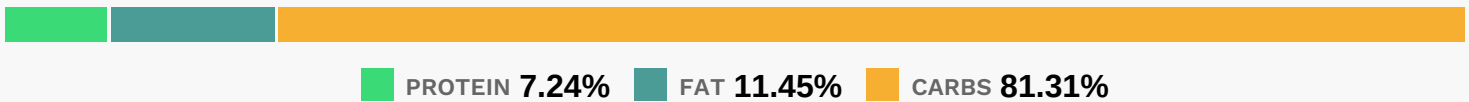
☐ Roll out the second dough disk to the same size and thickness as the first.

☐ Place on top of the berry filling.

☐ Tuck the top dough over and under the edge of the bottom dough, and crimp the edges with your fingers.

- ☐ Place in refrigerator while you make the egg wash.
- ☐ oven to 425°F.
- ☐ Whisk egg and milk together to make an egg wash.
- ☐ Brush the top crust with egg wash. Score the pie on the top with several cuts (so steam can escape while cooking).
- ☐ Bake:
- ☐ Place the pie on the middle rack of the oven with a foil or Silpat lined baking pan positioned on the lower rack to catch any filling that may bubble over.
- ☐ Bake for 20 minutes at 425°. Reduce heat to 350°F and bake for 30 to 40 minutes more or until juices are bubbling and have thickened.
- ☐ Transfer to a wire rack to cool.
- ☐ Let cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:33.26, Glycemic Load:23.02, Inflammation Score:-5, Nutrition Score:8.5995651379876%

Flavonoids

Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 240.65kcal (12.03%), Fat: 3.16g (4.85%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 50.41g (16.8%), Net Carbohydrates: 46.88g (17.05%), Sugar: 23.78g (26.42%), Cholesterol: 20.68mg (6.89%), Sodium: 180.74mg (7.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Manganese: 0.59mg (29.55%), Vitamin K: 22.38µg (21.31%), Vitamin B1: 0.27mg (17.72%), Selenium: 11.43µg (16.33%), Vitamin C: 11.82mg (14.33%), Fiber: 3.54g (14.14%), Vitamin B2: 0.22mg (12.66%), Folate: 47.65µg (11.91%), Vitamin B3: 2.14mg (10.68%), Iron: 1.74mg (9.65%), Phosphorus: 56.94mg (5.69%), Copper: 0.11mg (5.51%), Vitamin E: 0.73mg (4.86%), Vitamin B6: 0.08mg (4.1%), Potassium: 129.18mg (3.69%), Vitamin B5: 0.36mg (3.56%), Magnesium: 13.9mg (3.48%), Zinc: 0.46mg (3.07%), Vitamin A: 93.28IU (1.87%), Calcium: 18.33mg (1.83%)