



Blueberry Pie Pops

 Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



152 kcal

DESSERT

Ingredients

- 1.3 cups blueberries
- 16 celery stalks
- 1 tablespoon cornstarch
- 1 eggs
- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 2 teaspoons lemon zest
- 2 9-inch pie crust dough ()

- 0.5 cup granulated sugar white to taste

Equipment

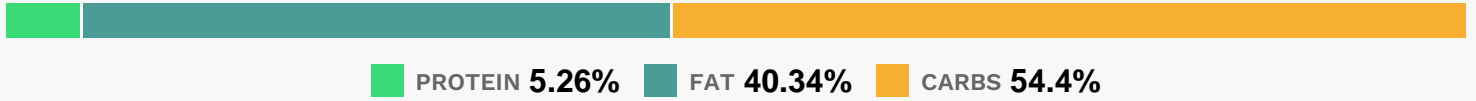
- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- toothpicks
- muffin liners
- muffin tray
- pastry brush
- mini muffin tray

Directions

- Preheat an oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper.
- Roll out one of the pie crusts to 1/8-inch thick; cut 16 3-inch circles from the crust. Line 16 mini muffin cups in a 24-cup mini muffin pan with the crust circles. Refrigerate to chill, about 15 minutes. Meanwhile, roll out the other crust to 1/8 inch thick, and cut out 16 2 1/2-inch circles; lay the 16 circles onto the prepared baking sheet, and refrigerate.
- Mix together the sugar, cinnamon, nutmeg, lemon zest, and cornstarch in a bowl. Stir in the blueberries, and toss lightly to coat with the sugar mixture.
- Whisk the egg in a small separate bowl. Spoon about 1 tablespoon of blueberry mixture into each crust-lined muffin cup (don't overfill).
- Place a cookie pop stick horizontally into the filled pop so the end sticks out by several inches. With a pastry brush, dab a little beaten egg evenly around the edge of the filled crust; place a 2 1/2-inch top crust circle onto the filled crust, and pinch edges together to seal in the filling and close the crust around the stick. With a toothpick, poke 3 or 4 steam holes into the top crust.
- Brush top of each pie pop with beaten egg, and sprinkle with sugar.

- Bake in the preheated oven until the tops are golden brown, about 20 minutes.
- Let cool 5 minutes before gently removing from muffin tin cups. To help pops release, run a small knife around the edges and under stick.

Nutrition Facts



Properties

Glycemic Index:13.57, Glycemic Load:4.95, Inflammation Score:-1, Nutrition Score:2.6317391278951%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Petunidin: 3.65mg, Petunidin: 3.65mg, Petunidin: 3.65mg, Petunidin: 3.65mg Delphinidin: 4.1mg, Delphinidin: 4.1mg, Delphinidin: 4.1mg, Delphinidin: 4.1mg Malvidin: 7.82mg, Malvidin: 7.82mg, Malvidin: 7.82mg, Malvidin: 7.82mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 151.89kcal (7.59%), Fat: 6.86g (10.55%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 19.74g (7.18%), Sugar: 7.47g (8.31%), Cholesterol: 10.23mg (3.41%), Sodium: 109.61mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Manganese: 0.18mg (8.87%), Folate: 20.99µg (5.25%), Vitamin K: 5.28µg (5.02%), Vitamin B1: 0.08mg (5.02%), Fiber: 1.07g (4.28%), Iron: 0.76mg (4.21%), Vitamin B2: 0.06mg (3.74%), Vitamin B3: 0.74mg (3.71%), Selenium: 2.35µg (3.36%), Phosphorus: 26.03mg (2.6%), Vitamin C: 1.57mg (1.91%), Vitamin B5: 0.17mg (1.69%), Copper: 0.03mg (1.52%), Vitamin E: 0.22mg (1.49%), Potassium: 48.54mg (1.39%), Magnesium: 5.4mg (1.35%), Vitamin B6: 0.03mg (1.34%), Zinc: 0.18mg (1.17%), Calcium: 10.3mg (1.03%)