



Blueberry Pie with Chantilly Cream

 Vegetarian

READY IN



85 min.

SERVINGS



5

CALORIES



854 kcal

DESSERT

Ingredients

- 2 cups blueberries fresh
- 2 tablespoons powdered sugar
- 1 large eggs
- 1.5 cups flour for dusting all-purpose plus more
- 0.3 cup granulated sugar
- 0.5 cup granulated sugar
- 2 cups cup heavy whipping cream
- 1 optional: lemon

- 1 pinch salt
- 5 servings sugar
- 1 stick butter unsalted chilled cut into small cubes
- 1 vanilla pod
- 0.5 vanilla pod fresh

Equipment

- baking sheet
- sauce pan
- baking paper
- oven
- knife
- mixing bowl
- sieve
- plastic wrap
- hand mixer
- stand mixer
- spatula
- rolling pin
- zester

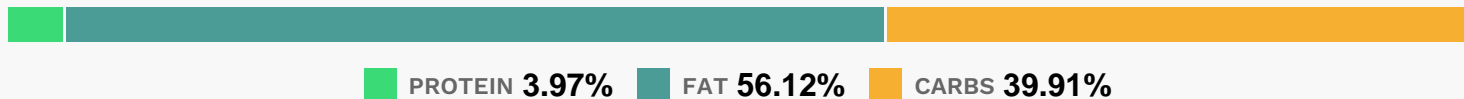
Directions

- Watch how to make this recipe.
- Special equipment: four to five 3-inch, nonstick tart shells or mini pie dishes
- For the crystallized lemon: Prepare the garnish first so it has time to crystallize while you make the pie. Using a curly zester, zest the lemon into curly strips. On a plate, toss the zest in sugar and spread out evenly. Set aside and allow to crystallize. For the sweet crust: Using an electric stand mixer, mix the butter, flour and sugar on low speed until it is incorporated and makes pebbles. Then add the egg and salt, and continue to mix just until it's combined. Using your hands, form the dough into a small disc. Wrap in plastic wrap and allow to rest in the

refrigerator for 30 minutes. Preheat the oven to 365 degrees F. Dust a rolling pin and surface with flour.

- Roll the dough out thinly to 1/4 to 1/8 of an inch. Continue to dust with flour as the dough becomes sticky.
- Cut out circles slightly larger than the size of your tart shells. If you can't find 3-inch tart shells, just use the next smallest size you can find and adjust your dough cut outs accordingly.
- Lay the sweet crust in the shells and trim any excess along the edges. Then line it with parchment paper and weigh it down with pie weights, coffee beans or dry beans.
- Place the shells on a baking sheet.
- Bake until golden brown, 10 to 12 minutes.
- Remove and let cool. For the blueberry compote: In a saucepan over low heat, add about a third of the blueberries, the sugar and juice of 1 lemon. Reserve the remaining blueberries. Using the back of a knife, scrape out the vanilla seeds and add the seeds and pod to the saucepan. Stir and continue to cook until the blueberries break down and the compote has a syrupy consistency, 5 to 10 minutes. Create an ice bath by placing a mixing bowl into a larger bowl filled with ice.
- Pour the compote into a strainer over the mixing bowl. Use a rubber spatula to help work the compote through the strainer.
- Add the heavy cream, confectioners' sugar, vanilla and the zest from 1 lemon to an electric mixer.
- Mix until peaks start to form.
- Add the blueberry filling to the cooled pie shells and top with the chantilly cream.
- Garnish with crystallized lemon on top.
- Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:70.15, Glycemic Load:53.25, Inflammation Score:-8, Nutrition Score:14.203913025234%

Flavonoids

Cyanidin: 5.01mg, Cyanidin: 5.01mg, Cyanidin: 5.01mg, Cyanidin: 5.01mg Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg Delphinidin: 20.97mg, Delphinidin: 20.97mg, Delphinidin: 20.97mg, Delphinidin: 20.97mg Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg Peonidin: 12.01mg, Peonidin: 12.01mg, Peonidin: 12.01mg, Peonidin: 12.01mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 854.2kcal (42.71%), Fat: 54.64g (84.06%), Saturated Fat: 33.9g (211.88%), Carbohydrates: 87.4g (29.13%), Net Carbohydrates: 84.37g (30.68%), Sugar: 54.41g (60.46%), Cholesterol: 193.37mg (64.46%), Sodium: 52.4mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.41%), Vitamin A: 2054.93IU (41.1%), Selenium: 19.28µg (27.54%), Vitamin B2: 0.45mg (26.75%), Manganese: 0.47mg (23.38%), Vitamin B1: 0.35mg (23.27%), Vitamin C: 17.76mg (21.53%), Folate: 83.74µg (20.93%), Vitamin K: 16.2µg (15.43%), Vitamin D: 2.06µg (13.75%), Phosphorus: 131.5mg (13.15%), Iron: 2.33mg (12.96%), Vitamin B3: 2.56mg (12.8%), Vitamin E: 1.9mg (12.65%), Fiber: 3.04g (12.15%), Calcium: 89.11mg (8.91%), Vitamin B5: 0.7mg (7%), Potassium: 226.09mg (6.46%), Copper: 0.12mg (6.01%), Vitamin B6: 0.12mg (5.78%), Magnesium: 21.85mg (5.46%), Zinc: 0.75mg (5.02%), Vitamin B12: 0.28µg (4.66%)