



Blueberry Pie with Flax and Almonds

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



374 kcal

DESSERT

Ingredients

- ☐ 4 cups blueberries fresh
- ☐ 0.3 cup butter melted
- ☐ 1 eggs
- ☐ 0.8 cup flax seed meal
- ☐ 1 cup graham cracker crumbs
- ☐ 0.8 cup ground almonds finely almond meal
- ☐ 2 tablespoons honey
- ☐ 0.5 cup non-fat yogurt plain

- ☐ 0.3 cup rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ pie form

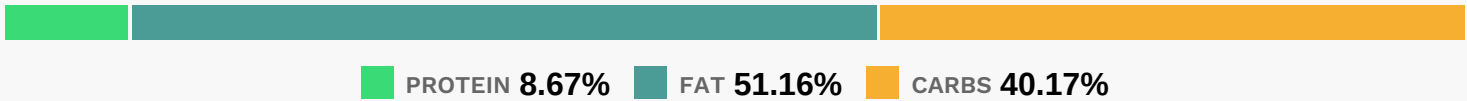
Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C).
- ☐ Combine the graham cracker crumbs, flax seed meal, and ground almonds in a bowl; stir in the melted butter.
- ☐ Add a few drops of water, if necessary, for the crumb mixture to stick together. Press half of the crumb mixture into the bottom and sides of a 9-inch pie pan; the crust should only be about 1/8-inch thick. Set the other half of the crumb mixture aside.
- ☐ Combine the sour cream, yogurt, ground oats, sugar, honey, vanilla, and salt in a blender. Blend until combined.
- ☐ Transfer the blueberries to the pie pan and pour in the filling.
- ☐ To make the topping, stir 2 tablespoons of honey, or to taste, into the reserved crumb mixture. It should form a very thick paste. Drop teaspoonfuls of the topping on the surface of the pie.
- ☐ Bake the pie in the preheated oven on the middle rack for 30 to 45 minutes, or until the center is set and a knife inserted near the center of the pie comes out clean. Turn off the oven and let the pie rest in the warm oven for 10 minutes.

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Remove the pie from the oven and let cool on a wire rack. Chill in the refrigerator until the pie is cool and set.

Nutrition Facts



Properties

Glycemic Index:44.8, Glycemic Load:16.52, Inflammation Score:-6, Nutrition Score:11.539999951487%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 374.03kcal (18.7%), Fat: 22.31g (34.32%), Saturated Fat: 6.55g (40.95%), Carbohydrates: 39.41g (13.14%), Net Carbohydrates: 31.8g (11.56%), Sugar: 22.61g (25.13%), Cholesterol: 45.11mg (15.04%), Sodium: 216.17mg (9.4%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 8.51g (17.02%), Manganese: 0.72mg (36.12%), Fiber: 7.61g (30.43%), Vitamin B1: 0.32mg (21.41%), Magnesium: 77.94mg (19.49%), Phosphorus: 182.59mg (18.26%), Vitamin K: 15.74µg (14.99%), Copper: 0.25mg (12.48%), Calcium: 122.15mg (12.22%), Iron: 2.15mg (11.95%), Selenium: 7.49µg (10.7%), Vitamin B2: 0.17mg (10.1%), Vitamin C: 7.55mg (9.15%), Zinc: 1.34mg (8.93%), Potassium: 273.39mg (7.81%), Vitamin B6: 0.15mg (7.34%), Folate: 28.58µg (7.15%), Vitamin A: 344.3IU (6.89%), Vitamin B3: 1.24mg (6.22%), Vitamin E: 0.76mg (5.07%), Vitamin B5: 0.5mg (5.03%), Vitamin B12: 0.18µg (2.95%)