



WHATSheATE



Blueberry Pot Pie with Sour Cream Ice Cream

READY IN



45 min.

SERVINGS



6

CALORIES



579 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 4 cups blueberries fresh
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup butter chilled cut into pieces
- ☐ 1.5 tablespoons cornstarch
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg

- ☐ 6 servings whipped cream sour
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.3 cup sugar to taste (or)
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup whipping cream divided

Equipment

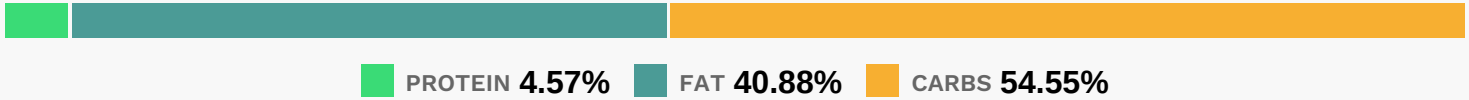
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ ramekin
- ☐ measuring cup

Directions

- ☐ Spoon flour lightly into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients in a food processor; pulse until combined.
- ☐ Add butter; pulse 6 times or until mixture resembles coarse meal. With processor on, add 3 tablespoons cream through food chute, processing just until combined. (Do not form a ball.) Press mixture gently into a 4-inch circle on plastic wrap, and cover. Chill at least 1 hour.
- ☐ Preheat oven to 40
- ☐ Combine blueberries and next 4 ingredients in a small bowl; toss gently. Divide evenly among 6 (8-ounce) ramekins.
- ☐ Unwrap chilled dough; divide dough into 6 even portions; form each portion into a ball. Pat each ball on a floured surface into a rough disk that will fit on top of ramekins. (This will be about 4 inches.) Top berry mixture with dough, inside top rim of ramekin (not crimped like a

- pie).
- ☐ Brush top of each crust with remaining 1 tablespoon cream.
 - ☐ Combine cinnamon and 2 tablespoons sugar in a small bowl; sprinkle mixture evenly over crusts.
 - ☐ Place ramekins on a baking sheet, and place in oven.
 - ☐ Bake at 400 for 20 minutes or until crust is golden brown and fruit is bubbling.
 - ☐ Serve warm or at room temperature with Sour Cream Ice Cream.

Nutrition Facts



Properties

Glycemic Index:89.7, Glycemic Load:42.07, Inflammation Score:-7, Nutrition Score:12.5056519923%

Flavonoids

Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 579.06kcal (28.95%), Fat: 26.89g (41.37%), Saturated Fat: 16.58g (103.6%), Carbohydrates: 80.74g (26.91%), Net Carbohydrates: 76.88g (27.96%), Sugar: 48.32g (53.69%), Cholesterol: 80.92mg (26.97%), Sodium: 342.61mg (14.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.51%), Manganese: 0.6mg (30.16%), Vitamin B2: 0.38mg (22.47%), Vitamin B1: 0.31mg (20.88%), Vitamin K: 21.05µg (20.05%), Vitamin A: 950.72IU (19.01%), Selenium: 12.64µg (18.06%), Calcium: 175.65mg (17.56%), Folate: 68.51µg (17.13%), Fiber: 3.85g (15.4%), Phosphorus: 148.37mg (14.84%), Vitamin C: 11.97mg (14.51%), Vitamin B3: 2.37mg (11.83%), Iron: 2.02mg (11.21%), Vitamin E: 1.32mg (8.82%), Potassium: 273.85mg (7.82%), Vitamin B5: 0.71mg (7.08%), Copper: 0.13mg (6.3%), Magnesium: 24.79mg (6.2%), Zinc: 0.89mg (5.91%), Vitamin B6: 0.11mg (5.36%), Vitamin B12: 0.31µg (5.09%),

Vitamin D: 0.29µg (1.94%)