



Blueberry Pudding Pie

READY IN



90 min.

SERVINGS



8

CALORIES



389 kcal

DESSERT

Ingredients

- ☐ 1.5 cups blueberries fresh thawed drained well
- ☐ 3 eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.8 cup half and half
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cream sour
- ☐ 0.3 cup sugar

☐ 1.5 teaspoons vanilla

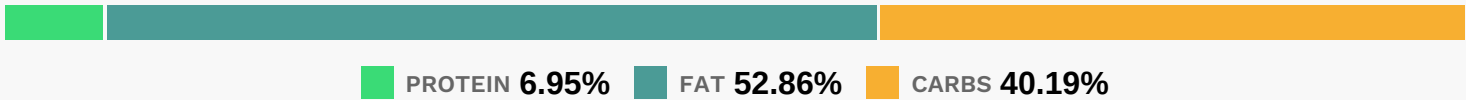
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425°F. Make pie crust as directed on box for One-Crust Filled Pie using 9-inch glass pie plate.
- ☐ Bake 7 minutes.
- ☐ Remove crust from oven; sprinkle blueberries over bottom of crust.
- ☐ In large bowl, beat all remaining ingredients with electric mixer on medium speed 1 to 2 minutes or until smooth.
- ☐ Pour over blueberries.
- ☐ Return to oven; bake 10 minutes. Reduce oven temperature to 350°F; cover edges of crust with foil.
- ☐ Bake 30 to 32 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 20 minutes.
- ☐ Serve warm or cool. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:23.14, Glycemic Load:7.17, Inflammation Score:-4, Nutrition Score:7.5256522012793%

Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 389.28kcal (19.46%), Fat: 22.93g (35.28%), Saturated Fat: 9.12g (56.99%), Carbohydrates: 39.24g (13.08%), Net Carbohydrates: 37.27g (13.55%), Sugar: 13.17g (14.64%), Cholesterol: 86.28mg (28.76%), Sodium: 323.8mg (14.08%), Alcohol: 0.26g (100%), Alcohol %: 0.21% (100%), Protein: 6.78g (13.57%), Manganese: 0.34mg (16.86%), Vitamin B2: 0.27mg (15.67%), Selenium: 9.79µg (13.98%), Folate: 46.88µg (11.72%), Phosphorus: 115.62mg (11.56%), Vitamin B1: 0.17mg (11.15%), Iron: 1.71mg (9.5%), Vitamin K: 9.8µg (9.33%), Fiber: 1.96g (7.85%), Vitamin B3: 1.53mg (7.67%), Calcium: 74.67mg (7.47%), Vitamin A: 364.26IU (7.29%), Vitamin B5: 0.65mg (6.53%), Vitamin E: 0.73mg (4.86%), Potassium: 160.3mg (4.58%), Vitamin B6: 0.09mg (4.55%), Zinc: 0.67mg (4.47%), Vitamin B12: 0.25µg (4.17%), Magnesium: 16.53mg (4.13%), Vitamin C: 3.16mg (3.83%), Copper: 0.07mg (3.72%), Vitamin D: 0.33µg (2.2%)