



Blueberry, Raspberry & Blackberry Pie

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



161 kcal

DESSERT

Ingredients

- 1 cup blackberries
- 1.5 cups blueberries
- 1 Tbsp butter
- 3 Tbsp minute tapioca
- 15 oz ready-to-use pie crusts refrigerated (2 crusts)
- 1.5 cups raspberries
- 1 cup sugar

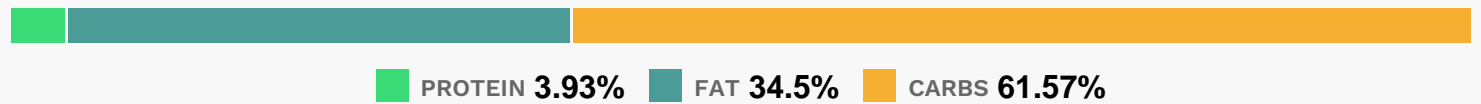
Equipment

- bowl
- oven
- knife

Directions

- Preheat oven to 400F.
- Mix berries, sugar and tapioca in large bowl.
- Let stand 15 minutes.
- Prepare bottom pie crust as directed on package for 2-crust pie, using 9-inch pie plate. Fill with fruit mixture. Dot with butter.
- Cut second pie crust into 10 (1/2-inch-wide) strips with pastry wheel or knife.
- Place 5 of the strips over filling. Weave lattice crust with remaining strips by folding back alternate strips as each cross strip is added. Fold trimmed edge of lower crust over ends of strips. Seal and flute edge.
- Bake 45 to 50 minutes or until juices form bubbles that burst slowly. Cool.

Nutrition Facts



Properties

Glycemic Index:8.05, Glycemic Load:7.72, Inflammation Score:-2, Nutrition Score:2.9482608545248%

Flavonoids

Cyanidin: 12.25mg, Cyanidin: 12.25mg, Cyanidin: 12.25mg, Cyanidin: 12.25mg Petunidin: 3.53mg, Petunidin: 3.53mg, Petunidin: 3.53mg, Petunidin: 3.53mg Delphinidin: 4.05mg, Delphinidin: 4.05mg, Delphinidin: 4.05mg, Delphinidin: 4.05mg Malvidin: 7.51mg, Malvidin: 7.51mg, Malvidin: 7.51mg, Malvidin: 7.51mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 2.28mg, Peonidin: 2.28mg, Peonidin: 2.28mg, Peonidin: 2.28mg Catechin: 3.37mg, Catechin: 3.37mg, Catechin: 3.37mg, Catechin: 3.37mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 160.8kcal (8.04%), Fat: 6.27g (9.64%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 23.41g (8.51%), Sugar: 11.83g (13.15%), Cholesterol: 0mg (0%), Sodium: 93.94mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Manganese: 0.24mg (11.92%), Fiber: 1.76g (7.06%), Vitamin C: 4.95mg (6%), Vitamin K: 5.82µg (5.54%), Folate: 19.25µg (4.81%), Vitamin B1: 0.07mg (4.46%), Iron: 0.7mg (3.86%), Vitamin B3: 0.72mg (3.6%), Vitamin B2: 0.05mg (2.83%), Vitamin E: 0.35mg (2.3%), Copper: 0.04mg (2.15%), Phosphorus: 21mg (2.1%), Selenium: 1.33µg (1.9%), Magnesium: 7.3mg (1.82%), Potassium: 54.92mg (1.57%), Vitamin B5: 0.15mg (1.5%), Zinc: 0.19mg (1.27%), Vitamin B6: 0.02mg (1.18%)