



Blueberry Raspberry Lattice Pie

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



439 kcal

DESSERT

Ingredients

- 2.5 cups blueberries fresh
- 2 tablespoons butter
- 0.5 cup cornstarch
- 2 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 tablespoon juice of lemon
- 2.5 cups raspberries fresh
- 1 teaspoon salt

- 0.7 cup shortening
- 0.8 cup sugar
- 4 tablespoons water cold

Equipment

- bowl
- oven
- blender
- aluminum foil
- rolling pin

Directions

- Heat oven to 425F. In medium bowl, cut shortening into flour and salt, using pastry blender or crisscrossing 2 knives, until particles are size of small peas.
- Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- Gather pastry into a ball. Divide pastry in half and shape into two flattened rounds on lightly floured surface.
- Roll pastry into circle 2 inches larger than upside-down 9-inch pie plate with floured rolling pin. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side.
- In large bowl, mix sugar, cornstarch and cinnamon. Gently stir in blueberries and raspberries. Spoon berry mixture into pastry-lined pie plate.
- Sprinkle with lemon juice.
- Cut butter into small pieces; sprinkle over berry mixture.
- Roll second round of pastry; cut into strips 1/2 to 1 inch wide. (Use a pastry wheel for decorative strips.)
- Place 5 to 7 strips across filling in pie plate. Weave a cross-strip through center by first folding back every other strip going the other way. Continue weaving until lattice is complete, folding back alternate strips each time cross-strip is added. (To save time, do not weave strips. Simply lay second half of strips across first strips.) Trim ends of strips. Fold trimmed

edge of bottom pastry over ends of strips, building up a high edge. Seal and flute.

Cover lattice top with aluminum foil to prevent excessive browning; remove foil for last 10 minutes of baking.

Bake 50 to 60 minutes or until crust is golden brown and juice begins to bubble through lattice crust.

Nutrition Facts

  
 **PROTEIN 3.65%**  **FAT 41.59%**  **CARBS 54.76%**

Properties

Glycemic Index:27.01, Glycemic Load:33.11, Inflammation Score:-5, Nutrition Score:9.582173909668%

Flavonoids

Cyanidin: 21.08mg, Cyanidin: 21.08mg, Cyanidin: 21.08mg, Cyanidin: 21.08mg Petunidin: 14.7mg, Petunidin: 14.7mg, Petunidin: 14.7mg, Petunidin: 14.7mg Delphinidin: 16.88mg, Delphinidin: 16.88mg, Delphinidin: 16.88mg, Delphinidin: 16.88mg Malvidin: 31.31mg, Malvidin: 31.31mg, Malvidin: 31.31mg, Malvidin: 31.31mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 9.43mg, Peonidin: 9.43mg, Peonidin: 9.43mg, Peonidin: 9.43mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 439.18kcal (21.96%), Fat: 20.67g (31.81%), Saturated Fat: 4.93g (30.79%), Carbohydrates: 61.25g (20.42%), Net Carbohydrates: 56.72g (20.62%), Sugar: 25.11g (27.9%), Cholesterol: 0mg (0%), Sodium: 327.15mg (14.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Manganese: 0.65mg (32.38%), Vitamin K: 21.07µg (20.07%), Vitamin B1: 0.28mg (18.58%), Vitamin C: 15.05mg (18.24%), Fiber: 4.54g (18.14%), Folate: 68.25µg (17.06%), Selenium: 11.06µg (15.8%), Vitamin E: 1.77mg (11.8%), Vitamin B2: 0.19mg (11.34%), Vitamin B3: 2.27mg (11.33%), Iron: 1.91mg (10.62%), Copper: 0.11mg (5.63%), Phosphorus: 52.25mg (5.23%), Magnesium: 18.51mg (4.63%), Vitamin B5: 0.44mg (4.4%), Potassium: 130.29mg (3.72%), Vitamin A: 163.03IU (3.26%), Zinc: 0.46mg (3.08%), Vitamin B6: 0.06mg (3%), Calcium: 20.18mg (2.02%)