



Blueberry Raspberry Pie

 Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



329 kcal

DESSERT

Ingredients

- 3 cups blueberries fresh
- 0.3 cup cornstarch
- 1 egg white
- 2 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 2 tablespoons lemon zest grated
- 1 cup raspberries fresh
- 0.8 teaspoon salt

- 0.7 cup shortening
- 1 teaspoon vanilla extract
- 6 tablespoons water cold as needed
- 1 tablespoon sugar white

Equipment

- bowl
- oven
- knife
- wire rack
- plastic wrap
- rolling pin
- pastry cutter

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Combine flour and salt in a bowl. Mash shortening into the flour mixture with a pastry cutter or fork until the mixture is crumbly. Gradually add cold water as needed, tossing with a fork until dough forms a ball. Wrap dough in plastic wrap and refrigerate for 30 minutes.
- Turn dough out onto a flat work surface dusted with flour. Divide dough in half and form each half into a ball.
- Roll dough ball from center to edges into a circle 2 inches larger than the pie plate and about 1/8 inch thick. Wrap dough around rolling pin, starting on one side of the circle. Unroll over pie plate and trim dough.
- Roll remaining dough ball into a crust to fit the top of the pie and set aside.
- Beat egg white and 1 tablespoon water; brush over bottom of crust and set aside.
- Combine 3/4 cup sugar, cornstarch, lemon peel, vanilla extract, and cinnamon in a bowl. Gently stir blueberries and raspberries into the mixture to coat; pour into the crust. Top with reserved pie crust.
- Brush top of pie crust with 1 tablespoon water; sprinkle 1 tablespoon sugar over the moistened top.

- Cut a few slits into top crust with a sharp knife.
- Bake in preheated oven until crust is golden brown and filling is bubbly, about 45 minutes. Set pie onto wire rack to cool completely before refrigerating.

Nutrition Facts

PROTEIN 5.12%

FAT 47.8%

CARBS 47.08%

Properties

Glycemic Index:27.01, Glycemic Load:21.2, Inflammation Score:-4, Nutrition Score:8.44000005965%

Flavonoids

Cyanidin: 11.56mg, Cyanidin: 11.56mg, Cyanidin: 11.56mg, Cyanidin: 11.56mg Petunidin: 17.55mg, Petunidin: 17.55mg, Petunidin: 17.55mg, Petunidin: 17.55mg Delphinidin: 19.86mg, Delphinidin: 19.86mg, Delphinidin: 19.86mg, Delphinidin: 19.86mg Malvidin: 37.53mg, Malvidin: 37.53mg, Malvidin: 37.53mg, Malvidin: 37.53mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 11.28mg, Peonidin: 11.28mg, Peonidin: 11.28mg, Peonidin: 11.28mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 329.47kcal (16.47%), Fat: 17.69g (27.21%), Saturated Fat: 4.34g (27.12%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 35.83g (13.03%), Sugar: 7.93g (8.81%), Cholesterol: 0mg (0%), Sodium: 227.33mg (9.88%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 4.26g (8.53%), Manganese: 0.52mg (25.77%), Vitamin K: 21.08µg (20.08%), Vitamin B1: 0.28mg (18.35%), Selenium: 11.56µg (16.52%), Folate: 64.02µg (16%), Vitamin C: 11.25mg (13.64%), Fiber: 3.38g (13.52%), Vitamin B2: 0.2mg (11.84%), Vitamin B3: 2.18mg (10.9%), Vitamin E: 1.52mg (10.12%), Iron: 1.76mg (9.79%), Copper: 0.1mg (4.85%), Phosphorus: 46.09mg (4.61%), Vitamin B5: 0.38mg (3.84%), Magnesium: 14.48mg (3.62%), Potassium: 108.54mg (3.1%), Vitamin B6: 0.05mg (2.7%), Zinc: 0.38mg (2.54%), Calcium: 15.46mg (1.55%)