



Brambleberry Pie

READY IN



45 min.

SERVINGS



8

CALORIES



218 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup flour
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup brown sugar light
- ☐ 8 servings best basic pie crust dough
- ☐ 1 tablespoon quick-cooking tapioca
- ☐ 5 cups raspberries
- ☐ 1 teaspoon salt

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ pie form

Directions

- ☐ Put an oven rack on the lowest rung and preheat oven to 37
- ☐ Lightly dust your counter and rolling pin with flour, then unwrap one disk of dough. With short strokes from center outward, roll dough into a 12-in. circle (about 1/8 in. thick), turning 90 after every 3 or 4 passes of the rolling pin to keep it from sticking.
- ☐ Transfer dough to a 9-in. pie pan, letting it fall into place (if you push or stretch the dough, it will shrink back when baked). Trim overhang to 1/4 in. Cover with plastic wrap and refrigerate at least 15 minutes and up to overnight. Meanwhile, roll second disk into an 11-in. circle.
- ☐ Transfer to a baking sheet, cover with plastic wrap, and refrigerate at least 15 minutes and up to overnight.
- ☐ While crusts chill, put berries in a large bowl.
- ☐ Sprinkle with flour, 1/4 cup granulated sugar, brown sugar, tapioca, lemon juice, and salt. Stir gently until berries are well coated. Taste and add more granulated sugar if you like.
- ☐ Pour berry mixture into chilled bottom crust and dot with butter. Unwrap top crust and lay over pie. Fold bottom crust edge up over edge of top crust and crimp edges together.
- ☐ Cut several vents in top crust and sprinkle with remaining 1 tsp. sugar. Put pie on a rimmed baking sheet and bake until crust is browned and filling is bubbling, 60 to 75 minutes. (Cover edges with foil if they become too dark before middle of top is nicely browned.)
- ☐ Let pie cool until bottom of pie pan reaches room temperature, at least 3 hours.
- ☐ Serve with whipped cream or ice cream if you like.

Nutrition Facts



 **PROTEIN 5.33%**  **FAT 29.91%**  **CARBS 64.76%**

Properties

Glycemic Index:27.51, Glycemic Load:7.49, Inflammation Score:-6, Nutrition Score:8.3204348626668%

Flavonoids

Cyanidin: 89.96mg, Cyanidin: 89.96mg, Cyanidin: 89.96mg, Cyanidin: 89.96mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 33.35mg, Catechin: 33.35mg, Catechin: 33.35mg, Catechin: 33.35mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg 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 Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 218.38kcal (10.92%), Fat: 7.46g (11.48%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 30.95g (11.25%), Sugar: 17.36g (19.29%), Cholesterol: 3.76mg (1.25%), Sodium: 391.83mg (17.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Manganese: 0.71mg (35.38%), Vitamin C: 19.63mg (23.79%), Fiber: 5.41g (21.65%), Vitamin K: 19.51µg (18.58%), Folate: 45.02µg (11.25%), Copper: 0.17mg (8.71%), Vitamin E: 1.2mg (7.98%), Iron: 1.35mg (7.49%), Vitamin B1: 0.11mg (7.18%), Vitamin B3: 1.4mg (6.98%), Magnesium: 22.82mg (5.71%), Potassium: 182.27mg (5.21%), Vitamin B2: 0.08mg (4.76%), Vitamin A: 236.66IU (4.73%), Selenium: 3.04µg (4.34%), Zinc: 0.61mg (4.04%), Phosphorus: 40.16mg (4.02%), Calcium: 37.2mg (3.72%), Vitamin B5: 0.37mg (3.65%), Vitamin B6: 0.04mg (2.15%)