



# Bumbleberry Pie I

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



411 kcal

DESSERT

## Ingredients

- 2 cups apples thinly sliced
- 1 cup blackberries fresh
- 0.3 cup flour all-purpose
- 1 cup raspberries
- 1 cup rhubarb fresh cut into 1 inch pieces
- 2 9-inch unbaked pie crusts ()
- 1.3 cups sugar white

## Equipment

bowl

oven

## Directions

Preheat oven to 350 degrees F (175 degrees C).

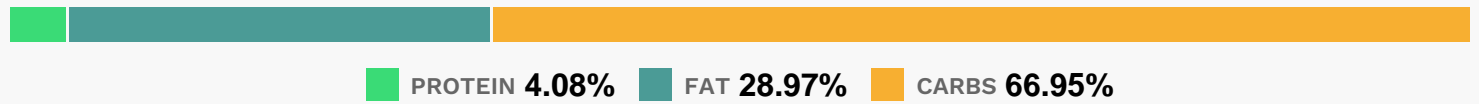
Stir sugar and flour together in large bowl.

Add apples, raspberries, blackberries, and rhubarb. Toss together, and turn into pie shell. Cover with pastry top. Trim and seal edges.

Cut vents in top.

Bake at 350 degree F (175 degrees C) for approximately 45 minutes, until crust is brown and apple is cooked.

## Nutrition Facts



## Properties

Glycemic Index:30.14, Glycemic Load:27.74, Inflammation Score:-3, Nutrition Score:7.399130406587%

## Flavonoids

Cyanidin: 25.35mg, Cyanidin: 25.35mg, Cyanidin: 25.35mg, Cyanidin: 25.35mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 7.6mg, Catechin: 7.6mg, Catechin: 7.6mg, Catechin: 7.6mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 3.8mg, Epicatechin: 3.8mg, Epicatechin: 3.8mg, Epicatechin: 3.8mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 410.78kcal (20.54%), Fat: 13.46g (20.71%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 70g (23.33%), Net Carbohydrates: 65.66g (23.88%), Sugar: 38.24g (42.49%), Cholesterol: 0mg (0%), Sodium: 206.19mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.53%), Manganese: 0.52mg (25.77%), Fiber: 4.34g

(17.38%), Folate: 54.19µg (13.55%), Vitamin B1: 0.2mg (13.01%), Vitamin K: 13.56µg (12.91%), Vitamin C: 10.37mg (12.57%), Iron: 1.84mg (10.25%), Vitamin B3: 1.94mg (9.69%), Vitamin B2: 0.14mg (8.24%), Selenium: 5.09µg (7.26%), Phosphorus: 55.51mg (5.55%), Potassium: 183.91mg (5.25%), Copper: 0.1mg (5.11%), Magnesium: 18.94mg (4.73%), Vitamin E: 0.67mg (4.48%), Vitamin B5: 0.36mg (3.56%), Calcium: 34.57mg (3.46%), Zinc: 0.45mg (3.01%), Vitamin B6: 0.06mg (2.87%), Vitamin A: 76.4IU (1.53%)