



Bumbleberry Pie II

 Dairy Free

READY IN



105 min.

SERVINGS



16

CALORIES



399 kcal

DESSERT

Ingredients

- 4 cups apples cored peeled chopped
- 2 cups blueberries fresh
- 1 eggs
- 1 egg yolk beaten
- 0.7 cup flour all-purpose
- 2 tablespoons juice of lemon
- 2 cups raspberries fresh
- 2 cups rhubarb fresh chopped

- 0.3 teaspoon salt
- 2 cups shortening
- 2 cups strawberries fresh sliced
- 2 tablespoons .3 oz. of pearl tapioca
- 1 tablespoon vinegar
- 2 tablespoons water
- 2 cups sugar white

Equipment

- bowl
- oven
- whisk
- pie form

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine flour and salt.
- Cut in shortening until mixture resembles coarse crumbs.
- Whisk together 3/4 cup water, egg, and vinegar. Stir into flour until mixture forms a ball. Divide dough into 4 balls. Wrap in plastic and refrigerate for 4 hours, or overnight.
- Roll out dough portions to fit a 9 inch pie pan.
- Place bottom crusts in 2 pie pans. Set aside top crusts.
- In a large bowl, combine apples, rhubarb, strawberries, blueberries, raspberries, and lemon juice.
- Mix together 2 cups sugar, 2/3 cup flour, and tapioca; gently toss with fruit mixture. Divide into 2 pastry lined pie pans. Cover with top crusts; trim and crimp edges.
- Brush tops with egg wash (1 egg yolk beaten with 2 tablespoons water).
- Cut a few slits in the top to allow steam to vent.
- Bake in preheated oven for 50 to 60 minutes, or until filling is bubbly in center and top is golden brown.

Nutrition Facts

PROTEIN 1.68% FAT 58.19% CARBS 40.13%

Properties

Glycemic Index:26.48, Glycemic Load:24.1, Inflammation Score:-3, Nutrition Score:6.2239130372586%

Flavonoids

Cyanidin: 9.22mg, Cyanidin: 9.22mg, Cyanidin: 9.22mg, Cyanidin: 9.22mg Petunidin: 5.9mg, Petunidin: 5.9mg, Petunidin: 5.9mg, Petunidin: 5.9mg Delphinidin: 6.81mg, Delphinidin: 6.81mg, Delphinidin: 6.81mg, Delphinidin: 6.81mg Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg Pelargonidin: 4.62mg, Pelargonidin: 4.62mg, Pelargonidin: 4.62mg Peonidin: 3.79mg, Peonidin: 3.79mg, Peonidin: 3.79mg, Peonidin: 3.79mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 3.15mg, Epicatechin: 3.15mg, Epicatechin: 3.15mg, Epicatechin: 3.15mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg 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: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg Galocatechin: 0.03mg, Galocatechin: 0.03mg, Galocatechin: 0.03mg, Galocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 399.03kcal (19.95%), Fat: 26.62g (40.95%), Saturated Fat: 6.64g (41.48%), Carbohydrates: 41.31g (13.77%), Net Carbohydrates: 38.34g (13.94%), Sugar: 31.88g (35.43%), Cholesterol: 22.38mg (7.46%), Sodium: 43.75mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin C: 19.69mg (23.87%), Vitamin K: 23.96µg (22.82%), Manganese: 0.31mg (15.67%), Vitamin E: 2.02mg (13.47%), Fiber: 2.96g (11.86%), Folate: 23.49µg (5.87%), Selenium: 3.7µg (5.28%), Vitamin B1: 0.07mg (4.93%), Vitamin B2: 0.08mg (4.66%), Potassium: 155.02mg (4.43%), Vitamin B5: 0.4mg (4.04%), Iron: 0.68mg (3.77%), Phosphorus: 32.22mg (3.22%), Vitamin B3: 0.62mg (3.11%), Magnesium: 11.83mg (2.96%), Copper: 0.06mg (2.87%), Calcium: 27.57mg (2.76%), Vitamin B6: 0.05mg (2.75%), Zinc: 0.25mg (1.66%), Vitamin A: 80.71IU (1.61%)