

Cherry-Berry Pie

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



1701 kcal

DESSERT

Ingredients

- ☐ 16 ounce cherries sour with liquid reserved pitted drained canned
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon juice of lemon
- ☐ 18 inch pie shell
- ☐ 2 tablespoons quick-cooking tapioca
- ☐ 0.3 teaspoon salt
- ☐ 10 ounce strawberries frozen thawed
- ☐ 2 teaspoons sugar white

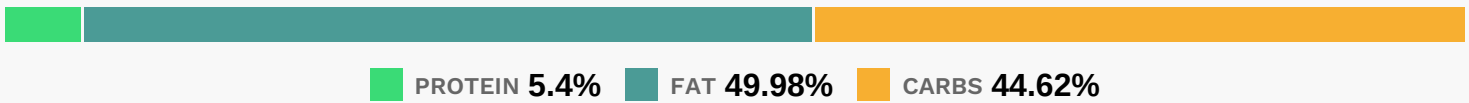
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a medium saucepan combine 3/4 cup sugar, tapioca, cornstarch, and salt.
- ☐ Mix well, then stir in reserved cherry and strawberry liquids. Stirring constantly, cook mixture over medium heat 5 to 10 minutes or until it begins to thicken.
- ☐ Remove from heat.
- ☐ Spoon fruit filling into pastry-lined pan. Top with second pastry. Seal and flute edges, then make steam vents in top crust.
- ☐ Sprinkle with 2 teaspoons sugar. Cover edges of pastry with aluminum foil to prevent excessive browning.
- ☐ Bake in preheated oven for 30 to 35 minutes or until golden brown.
- ☐ Remove foil during last 15 minutes of baking to allow pastry edges to brown.

Nutrition Facts



Properties

Glycemic Index:13.21, Glycemic Load:2.59, Inflammation Score:-7, Nutrition Score:26.695217764896%

Flavonoids

Cyanidin: 14.18mg, Cyanidin: 14.18mg, Cyanidin: 14.18mg, Cyanidin: 14.18mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.17mg, Pelargonidin: 7.17mg, Pelargonidin: 7.17mg, Pelargonidin: 7.17mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg

0.38mg Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1700.68kcal (85.03%), Fat: 94.03g (144.67%), Saturated Fat: 29.39g (183.72%), Carbohydrates: 188.9g (62.97%), Net Carbohydrates: 178.36g (64.86%), Sugar: 8.03g (8.92%), Cholesterol: 0mg (0%), Sodium: 1530.99mg (66.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.86g (45.71%), Manganese: 1.73mg (86.68%), Vitamin B1: 1.01mg (67.29%), Folate: 260.92µg (65.23%), Iron: 9.65mg (53.61%), Vitamin B3: 9.9mg (49.5%), Fiber: 10.54g (42.15%), Vitamin B2: 0.63mg (37.27%), Selenium: 20.68µg (29.55%), Phosphorus: 275.86mg (27.59%), Vitamin K: 27.86µg (26.53%), Vitamin C: 20.43mg (24.76%), Vitamin B5: 1.59mg (15.86%), Magnesium: 62.81mg (15.7%), Copper: 0.31mg (15.6%), Potassium: 494.89mg (14.14%), Vitamin E: 1.77mg (11.81%), Zinc: 1.69mg (11.29%), Vitamin B6: 0.22mg (10.81%), Calcium: 79mg (7.9%)