

Cherry-Berry Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



394 kcal

DESSERT

Ingredients

- ☐ 1.5 cups blueberries
- ☐ 14 tablespoons butter unsalted frozen chilled cut into 1/2-inch cubes 9 tablespoons 5 tablespoons
- ☐ 1 teaspoon flour all-purpose
- ☐ 2.3 cups flour frozen all-purpose
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 0.3 cup cooking tapioca
- ☐ 3 cups raspberries
- ☐ 2 tablespoons red wine vinegar mixed with 6 tablespoons of ice water

- ☐ 1 pinch salt
- ☐ 2 teaspoons salt
- ☐ 1 cup sugar plus more for sprinkling
- ☐ 2 cups cherries sweet pitted

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

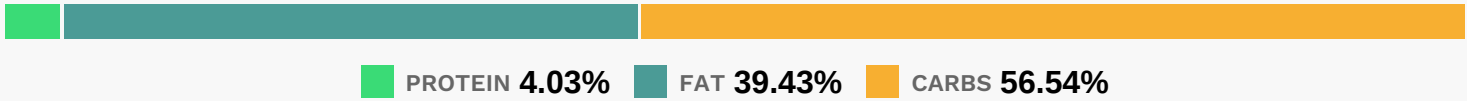
Directions

- ☐ Make the Crust: In a food processor, pulse the flour and salt.
- ☐ Add the chilled butter and pulse until it's the size of small peas.
- ☐ Add the frozen butter and pulse until it's the size of small peas.
- ☐ Drizzle the vinegar mixture over the flour mixture. Pulse just until the dough starts to come together. Turn out onto a lightly floured surface and knead gently to form a smooth dough. Divide the dough in half and flatten into 2 disks. Wrap in plastic and refrigerate until firm, at least 2 hours.
- ☐ On a lightly floured surface, roll out one disk of dough to a 12-inch round, 1/8 inch thick.
- ☐ Transfer to a 10-inch metal pie plate and freeze for 20 minutes.
- ☐ Roll out the remaining dough 1/8 inch thick.
- ☐ Transfer to a baking sheet and freeze for 20 minutes.
- ☐ Make the Filling: In a small bowl, whisk 1 cup of sugar with the tapioca and salt. In another bowl, toss the cherries with the raspberries and blueberries.
- ☐ Sprinkle with the sugar mixture and toss gently.
- ☐ Mix the flour and the remaining 1 teaspoon of sugar.
- ☐ Sprinkle in the crust; tap out the excess. Spoon the filling into the crust.

- ☐
- Using a fluted pastry wheel, cut the remaining dough into 3/4-inch-wide strips. Arrange the strips across the pie in a lattice pattern. Trim the overhanging strips to 1/2 inch and press them to the crust. Pinch the rim between your fingers to flute it. Freeze the pie for 1 hour.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:30.81, Glycemic Load:32.02, Inflammation Score:-6, Nutrition Score:8.6952175109283%

Flavonoids

Cyanidin: 26.69mg, Cyanidin: 26.69mg, Cyanidin: 26.69mg, Cyanidin: 26.69mg Petunidin: 7.11mg, Petunidin: 7.11mg, Petunidin: 7.11mg, Petunidin: 7.11mg Delphinidin: 8.34mg, Delphinidin: 8.34mg, Delphinidin: 8.34mg, Delphinidin: 8.34mg Malvidin: 15.05mg, Malvidin: 15.05mg, Malvidin: 15.05mg, Malvidin: 15.05mg Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Peonidin: 4.96mg, Peonidin: 4.96mg, Peonidin: 4.96mg, Peonidin: 4.96mg Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 394.15kcal (19.71%), Fat: 17.68g (27.21%), Saturated Fat: 10.83g (67.66%), Carbohydrates: 57.04g (19.01%), Net Carbohydrates: 52.83g (19.21%), Sugar: 27.47g (30.52%), Cholesterol: 45.53mg (15.18%), Sodium: 473.53mg (20.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Manganese: 0.53mg (26.62%), Fiber: 4.22g (16.87%), Vitamin B1: 0.25mg (16.74%), Vitamin C: 13.55mg (16.42%), Folate: 62.54µg (15.63%), Selenium: 10.1µg (14.43%), Vitamin A: 575.44IU (11.51%), Vitamin B2: 0.19mg (11.05%), Vitamin B3: 2.03mg (10.17%), Iron: 1.76mg

(9.77%), Vitamin K: 9.23µg (8.79%), Vitamin E: 0.96mg (6.39%), Phosphorus: 56.17mg (5.62%), Copper: 0.11mg (5.4%), Potassium: 172.25mg (4.92%), Magnesium: 19.25mg (4.81%), Vitamin B5: 0.35mg (3.54%), Vitamin B6: 0.06mg (2.95%), Zinc: 0.43mg (2.89%), Calcium: 25.52mg (2.55%), Vitamin D: 0.34µg (2.28%)