



 1%
HEALTH SCORE

Cherry-Berry Pie With Agave Nectar All-Butter Crust

 Vegetarian

READY IN



180 min.

SERVINGS



10

CALORIES



371 kcal

DESSERT

Ingredients

- 3.5 tablespoons agave nectar
- 0.3 cup agave nectar sweet (again, not needed if your fruit is)
- 0.5 cup almond flour
- 8 ounces berries mixed frozen thawed
- 2 sticks butter very cold cut into cubes (I freeze mine)
- 16 ounces cherries frozen thawed
- 0.3 cup coconut flour sifted

- 1 cup flour all-purpose
- 3 tablespoons juice of lemon freshly squeezed
- 0.5 teaspoon orange extract
- 3 tablespoons tapioca flour (or corn starch or arrowroot)
- 0.8 cup pastry flour whole wheat

Equipment

- bowl
- oven
- aluminum foil
- cookie cutter
- pie form

Directions

- Make the crust:Pulse the dry ingredients 5-6 times.
- Add 2 sticks of very cold butter (I freeze mine), cut into cubes. Pulse until the ingredients resemble very coarse meal.
- Adding the agave nectar and fiore di Sicilia flavoring (can substitute orange extract) one tablespoon at a time.Watch to see the dough just comes together.Divide the dough into two parts, one larger than the other.Form each into a flat, round shape.Wrap each disk in plastic and refrigerate for at least 2 hours.While the dough is chilling, make the filling.In a large bowl, combine all the filling ingredients.
- Mix until well incorporated (it will be very soupy).Take the dough out of the fridge.
- Let it warm enough to be able to roll it out.
- Roll out the crust to fit it to your pie dish.You may need to patch some, but none will show to your eaters.Wrap the pie dish in plastic and chill for 30 minutes.
- Pour the filling into the crust.Again, wrap the pie in plastic and chill.
- Roll out the other dough disk.Use your favorite cookie cutters to cut pieces for the top crust.Take the pie out of the fridge and decorate the top.Just remember to leave spots for steam to escape.Cover the edges with foil and bake at 325 degrees F for 40 minutes.
- Remove foil and bake until golden brown top and the filling is bubbling.

Let cool and enjoy!

Nutrition Facts

PROTEIN 5.09% **FAT 52.01%** **CARBS 42.9%**

Properties

Glycemic Index:17.7, Glycemic Load:9.76, Inflammation Score:-5, Nutrition Score:7.5904347826087%

Flavonoids

Cyanidin: 14.69mg, Cyanidin: 14.69mg, Cyanidin: 14.69mg, Cyanidin: 14.69mg Petunidin: 4.12mg, Petunidin: 4.12mg, Petunidin: 4.12mg, Petunidin: 4.12mg Delphinidin: 4.9mg, Delphinidin: 4.9mg, Delphinidin: 4.9mg, Delphinidin: 4.9mg Malvidin: 11.26mg, Malvidin: 11.26mg, Malvidin: 11.26mg, Malvidin: 11.26mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 371.43kcal (18.57%), Fat: 22.18g (34.12%), Saturated Fat: 12.32g (77.03%), Carbohydrates: 41.15g (13.72%), Net Carbohydrates: 36.59g (13.31%), Sugar: 17.06g (18.96%), Cholesterol: 48.59mg (16.2%), Sodium: 152.86mg (6.65%), Protein: 4.89g (9.77%), Manganese: 0.52mg (25.88%), Fiber: 4.55g (18.22%), Selenium: 10.27µg (14.67%), Vitamin A: 605.32IU (12.11%), Vitamin B1: 0.18mg (12.05%), Vitamin C: 7.67mg (9.29%), Folate: 35.67µg (8.92%), Vitamin K: 9.35µg (8.91%), Iron: 1.45mg (8.03%), Vitamin B2: 0.13mg (7.62%), Vitamin B3: 1.47mg (7.37%), Phosphorus: 63.87mg (6.39%), Vitamin E: 0.87mg (5.79%), Vitamin B6: 0.11mg (5.53%), Magnesium: 22.05mg (5.51%), Potassium: 170.04mg (4.86%), Copper: 0.09mg (4.57%), Calcium: 30.23mg (3.02%), Zinc: 0.39mg (2.62%), Vitamin B5: 0.26mg (2.58%)