



Cranberry and Wild Blueberry Pie



Vegetarian



Gluten Free

READY IN



240 min.

SERVINGS



8

CALORIES



248 kcal

DESSERT

Ingredients

- ☐ 16 ounces blueberries wild frozen organic thaw (do not)
- ☐ 2 cinnamon sticks
- ☐ 3 tablespoons cornstarch
- ☐ 12 ounces cranberries fresh thaw (do not ; 3 cups)
- ☐ 8 servings heavy whipping cream (for brushing)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 8 servings nutmeg freshly grated (for sprinkling)

☐ 1.3 cups sugar

Equipment

☐ baking sheet

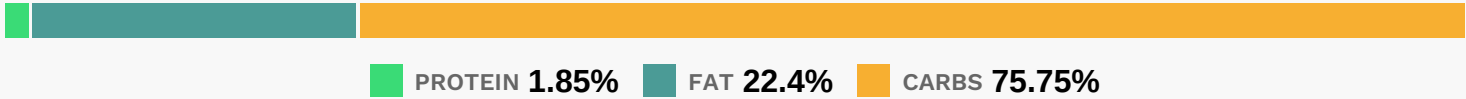
☐ oven

☐ pie form

Directions

- ☐ Combine all ingredients in large saucepan. Cook over medium heat until mixture thickens and begins to boil, stirring occasionally, 12 to 14 minutes. Continue to boil 2 minutes, stirring constantly.
- ☐ Transfer berry mixture to glass or ceramic dish; cool completely (mixture will thicken). DO AHEAD: Can be made 3 days ahead. Cover; chill.
- ☐ Position rack in center of oven; preheat to 400°F.
- ☐ Roll out 1 dough disk on floured surface to 12-inch round.
- ☐ Transfer crust to 9-inch-diameter glass pie dish; trim dough overhang to 1 inch.
- ☐ Remove cinnamon sticks from filling; spoon into crust.
- ☐ Roll out second dough disk to 13x10-inch rectangle.
- ☐ Cut dough lengthwise into 3/4-inch-wide strips (11 to 12 strips).
- ☐ Arrange half of dough strips across top of filling, spacing evenly apart. Form lattice by arranging remaining dough strips at right angle to first dough strips and weaving strips, if desired. Trim off excess dough from strips.
- ☐ Brush edges of bottom crust lightly with whipping cream. Press dough strip ends to adhere to bottom crust edges. Fold edges of bottom crust up over strips, pinching to seal. Crimp edges decoratively.
- ☐ Brush edges and lattice lightly with cream.
- ☐ Sprinkle lattice strips lightly with nutmeg.
- ☐ Place pie on rimmed baking sheet and bake until crust is golden and filling is bubbling thickly, about 1 hour 10 minutes. Cool pie on rack. DO AHEAD: Can be made 8 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Serve pie at room temperature.

Nutrition Facts



Properties

Glycemic Index:28.76, Glycemic Load:26.58, Inflammation Score:-4, Nutrition Score:5.3178260753984%

Flavonoids

Cyanidin: 24.54mg, Cyanidin: 24.54mg, Cyanidin: 24.54mg, Cyanidin: 24.54mg Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg Delphinidin: 23.35mg, Delphinidin: 23.35mg, Delphinidin: 23.35mg, Delphinidin: 23.35mg Malvidin: 38.51mg, Malvidin: 38.51mg, Malvidin: 38.51mg, Malvidin: 38.51mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 32.41mg, Peonidin: 32.41mg, Peonidin: 32.41mg, Peonidin: 32.41mg Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg 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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 3.56mg, Myricetin: 3.56mg, Myricetin: 3.56mg, Myricetin: 3.56mg Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 247.75kcal (12.39%), Fat: 6.5g (10%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 49.45g (16.48%), Net Carbohydrates: 45.64g (16.59%), Sugar: 39.73g (44.14%), Cholesterol: 16.95mg (5.65%), Sodium: 6.48mg (0.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Manganese: 0.56mg (27.88%), Fiber: 3.82g (15.27%), Vitamin C: 12.52mg (15.18%), Vitamin K: 13.82µg (13.16%), Vitamin E: 1.05mg (6.97%), Vitamin A: 281.43IU (5.63%), Copper: 0.09mg (4.27%), Vitamin B2: 0.07mg (3.99%), Vitamin B6: 0.06mg (3.23%), Potassium: 105.55mg (3.02%), Calcium: 29.8mg (2.98%), Magnesium: 11.41mg (2.85%), Phosphorus: 25.56mg (2.56%), Vitamin B1: 0.04mg (2.45%), Iron: 0.44mg (2.43%), Vitamin B5: 0.24mg (2.4%), Vitamin B3: 0.33mg (1.65%), Vitamin D: 0.24µg (1.6%), Folate: 6.39µg (1.6%), Zinc: 0.23mg (1.53%), Selenium: 0.88µg (1.26%)