

Cream Cheese Blueberry Pie

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



248 kcal

DESSERT

Ingredients

- 3 cups blueberries fresh
- 0.5 cup powdered sugar
- 0.3 cup cornstarch
- 4 ounces cream cheese softened
- 8 servings puff pastry for single-crust pie (9 inches
- 0.5 cup cup heavy whipping cream
- 0.3 cup juice of lemon
- 0.7 cup sugar

0.5 cup water

Equipment

bowl

sauce pan

Directions

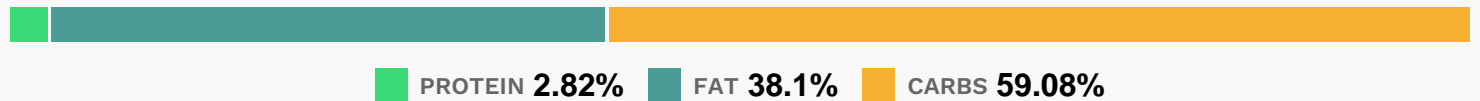
In a small bowl, beat cream cheese and confectioners' sugar until smooth. Fold in whipped cream.

Spread into pie shell.

In a large saucepan, combine the sugar, cornstarch, water and lemon juice until smooth; stir in blueberries. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Cool.

Spread over cream cheese layer. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:24.14, Glycemic Load:14.78, Inflammation Score:-4, Nutrition Score:3.7191304564476%

Flavonoids

Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 247.59kcal (12.38%), Fat: 10.88g (16.74%), Saturated Fat: 6.4g (40%), Carbohydrates: 37.97g (12.66%), Net Carbohydrates: 36.56g (13.29%), Sugar: 30.66g (34.07%), Cholesterol: 31.13mg (10.38%), Sodium: 53.06mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin K: 11.65µg (11.09%), Vitamin C: 8.42mg (10.21%), Manganese: 0.2mg (9.85%), Vitamin A: 439.47IU (8.79%), Fiber: 1.41g (5.62%), Vitamin B2: 0.09mg (5.41%), Vitamin E: 0.59mg (3.95%), Phosphorus: 32.18mg (3.22%), Selenium: 2.23µg (3.18%), Calcium: 28.22mg (2.82%), Potassium: 84.64mg (2.42%), Vitamin B6: 0.05mg (2.29%), Copper: 0.04mg (2.21%), Vitamin B1: 0.03mg (2.17%), Vitamin B5: 0.2mg (1.98%), Folate: 7.51µg (1.88%), Magnesium: 6.53mg (1.63%), Vitamin D: 0.24µg (1.59%), Vitamin B3: 0.3mg (1.52%), Zinc: 0.21mg (1.41%), Iron: 0.25mg (1.38%)