



Deep-Dish Blueberry Pie

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 4 cups blueberries fresh
- ☐ 0.5 cup butter chilled cut into small pieces
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

Equipment

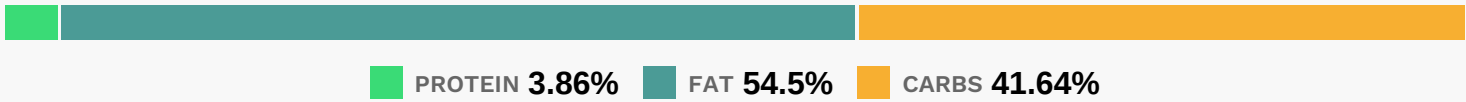
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ In a food processor fitted with a metal blade, pulse 3/4 cup flour, 1/4 teaspoon salt, and 1 teaspoon sugar with the butter until mixture resembles coarse cornmeal.
- ☐ Add 3 tablespoons cold water and pulse until dough just comes together. Quickly shape the dough into a disk, wrap in plastic wrap, and refrigerate at least 30 minutes.
- ☐ Preheat oven to 45
- ☐ In a large bowl, combine blueberries with the remaining 1/3 cup flour, 1/4 teaspoon salt, 3/4 cup sugar, and the lemon juice and cinnamon.
- ☐ Pour into a 1 1/2- to 2 1/2-quart souffl dish.
- ☐ Unwrap chilled dough on a floured surface and roll to a 1/8-inch thickness.
- ☐ Cut dough into 1/2-inch-thick strips, then arrange over blueberries in a lattice pattern (see "Weave a Lattice Crust," below). Press edges to seal.
- ☐ Bake 15 minutes, then reduce heat to 350 and bake until top is golden brown and berries are tender, about 45 minutes.
- ☐ Weave a Lattice Crust: The secret to a perfect lattice piecrust is simple: Work from the middle. Here's how to make a crust using five horizontal and five vertical strips.
- ☐ Lay down five horizontal strips, making sure that they're evenly spaced.
- ☐ Working from the right side, fold back every other horizontal strip (numbers 1, 3, and 5).
- ☐ Lay down a vertical strip in the center, next to the fold.
- ☐ Unfold horizontal strips 1, 3, and 5 back over the vertical strip.
- ☐ Working once more from the right, fold back horizontal strips 2 and 4 by one-third.
- ☐ Lay down a second vertical strip next to this fold. Unfold strips 2 and 4 back over the vertical strip.
- ☐ Once more, from the right, fold back horizontal strips 1, 3, and 5, about a quarter of the way over.
- ☐ Lay your third vertical strip next to this fold and fold the horizontal strips back over it.

☐ Repeat this process with two strips on the other side, working from the center.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:10.41, Inflammation Score:-5, Nutrition Score:5.0139130418715%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg 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: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 189.21kcal (9.46%), Fat: 11.87g (18.27%), Saturated Fat: 7.33g (45.83%), Carbohydrates: 20.41g (6.8%), Net Carbohydrates: 18.24g (6.63%), Sugar: 7.96g (8.84%), Cholesterol: 30.5mg (10.17%), Sodium: 237.58mg (10.33%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.89g (3.78%), Manganese: 0.35mg (17.55%), Vitamin K: 15.35µg (14.62%), Vitamin C: 7.91mg (9.59%), Fiber: 2.16g (8.66%), Vitamin B1: 0.12mg (8.04%), Vitamin A: 394.99IU (7.9%), Folate: 26.69µg (6.67%), Selenium: 4.2µg (6%), Vitamin B2: 0.09mg (5.5%), Vitamin E: 0.76mg (5.09%), Vitamin B3: 1.01mg (5.05%), Iron: 0.77mg (4.26%), Copper: 0.06mg (3%), Phosphorus: 25.17mg (2.52%), Vitamin B6: 0.05mg (2.26%), Potassium: 75.43mg (2.16%), Magnesium: 7.49mg (1.87%), Vitamin B5: 0.16mg (1.62%), Zinc: 0.22mg (1.45%), Calcium: 11.06mg (1.11%)