



Deluxe Blackberry Pie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



64 kcal

DESSERT

Ingredients

- 4 cups blackberries fresh
- 2 tablespoons blackberry brandy
- 4 tablespoons cornstarch
- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 tablespoon sugar white

Equipment

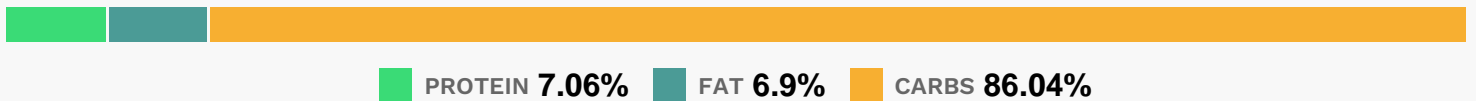
- frying pan

- sauce pan
- oven
- whisk
- blender

Directions

- Puree two cups of the blackberries in a blender until liquid. Strain out the seeds, and pour into a saucepan.
- Whisk in 1 1/4 cups sugar. Cook over a medium heat until boiling, stirring constantly and scraping bottom. Keep at a boil for 5 minutes, and then remove from heat.
- Mix cornstarch and brandy in a cup. When well mixed, whisk into pan; stir until mixture returns to a boil.
- Remove from heat. Stir in the nutmeg and cinnamon. Check the consistency of the mixture; it should be like a thin pudding. If necessary, add cornstarch and water mixed at a 2:1 ratio to thicken.
- Fill the pie shell with the remaining two cups of blackberries.
- Pour the blackberry puree over the fresh berries, covering evenly. Use either strips of dough criss crossed to cover, or cover with a solid sheet of dough with slits cut in it. Dust with sugar on top.
- Bake in a preheated 400 degrees F (205 degrees C) oven for 35 minutes, or until crust is browned.

Nutrition Facts



Properties

Glycemic Index:23.14, Glycemic Load:1.89, Inflammation Score:-4, Nutrition Score:5.6052174205365%

Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.36mg,

Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 64.42kcal (3.22%), Fat: 0.46g (0.71%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 8.56g (3.11%), Sugar: 5.1g (5.67%), Cholesterol: 0mg (0%), Sodium: 1.27mg (0.06%), Alcohol: 1.25g (100%), Alcohol %: 1.92% (100%), Protein: 1.07g (2.13%), Manganese: 0.65mg (32.49%), Vitamin C: 15.17mg (18.38%), Fiber: 4.43g (17.74%), Vitamin K: 14.57µg (13.87%), Copper: 0.13mg (6.38%), Vitamin E: 0.87mg (5.77%), Folate: 18.25µg (4.56%), Magnesium: 15.58mg (3.89%), Potassium: 122.05mg (3.49%), Vitamin A: 157.29IU (3.15%), Calcium: 31.45mg (3.15%), Iron: 0.56mg (3.1%), Zinc: 0.41mg (2.73%), Vitamin B3: 0.48mg (2.41%), Vitamin B5: 0.2mg (2.02%), Phosphorus: 17.68mg (1.77%), Vitamin B6: 0.02mg (1.18%), Vitamin B2: 0.02mg (1.16%), Vitamin B1: 0.02mg (1.05%)