



## Dutch Apple Berry Pie

READY IN



45 min.

SERVINGS



8

CALORIES



334 kcal

DESSERT

### Ingredients

- 0.5 cup blueberries fresh
- 0.7 cup brown sugar packed
- 0.3 cup butter
- 19-inch deep dish pie crust ()
- 0.7 cup flour all-purpose
- 2 cups apples green sliced
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 1 pinch ground nutmeg

0.5 cup raspberries

## Equipment

bowl

oven

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Mix apples, raspberries and blueberries; pour into pie shell.

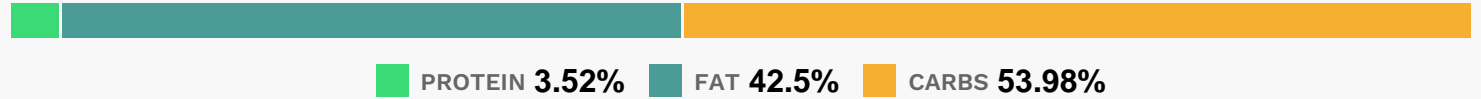
In a large bowl, combine flour, brown sugar, butter or margarine, cinnamon, allspice and nutmeg.

Mix until dry and crumbly.

Sprinkle over fruit.

Bake for 30 minutes, or until topping is brown.

## Nutrition Facts



## Properties

Glycemic Index:39.13, Glycemic Load:7.48, Inflammation Score:-4, Nutrition Score:5.3808696231116%

## Flavonoids

Cyanidin: 4.71mg, Cyanidin: 4.71mg, Cyanidin: 4.71mg, Cyanidin: 4.71mg Petunidin: 2.94mg, Petunidin: 2.94mg, Petunidin: 2.94mg, Petunidin: 2.94mg Delphinidin: 3.38mg, Delphinidin: 3.38mg, Delphinidin: 3.38mg, Delphinidin: 3.38mg Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 334.33kcal (16.72%), Fat: 16.08g (24.74%), Saturated Fat: 7.22g (45.14%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 43.7g (15.89%), Sugar: 22.36g (24.84%), Cholesterol: 20.34mg (6.78%), Sodium: 166.49mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (5.99%), Manganese: 0.34mg (16.93%), Folate: 44.5µg (11.12%), Vitamin B1: 0.16mg (10.54%), Fiber: 2.26g (9.02%), Iron: 1.39mg (7.73%), Vitamin K: 8.03µg (7.65%), Selenium: 5.15µg (7.36%), Vitamin B3: 1.46mg (7.32%), Vitamin B2: 0.11mg (6.47%), Vitamin C: 4.36mg (5.28%), Vitamin A: 261.88IU (5.24%), Vitamin E: 0.75mg (5.02%), Phosphorus: 40.67mg (4.07%), Copper: 0.07mg (3.44%), Potassium: 117.67mg (3.36%), Magnesium: 12.61mg (3.15%), Calcium: 31.31mg (3.13%), Vitamin B6: 0.05mg (2.4%), Vitamin B5: 0.24mg (2.38%), Zinc: 0.28mg (1.88%)