



Berry Streusel Pie

READY IN



45 min.

SERVINGS



8

CALORIES



410 kcal

DESSERT

Ingredients

- 4.5 tablespoons flour
- 5 cups blackberries fresh assorted (such as raspberries, blackberries, and blueberries; 8 ounces of each)
- 6 tablespoons brown sugar packed ()
- 6 tablespoons water ()
- 2 tablespoons juice of lemon fresh
- 4.5 tablespoons oats
- 0.3 cup cooking tapioca
- 0.5 teaspoon salt

- 0.3 cup shortening chilled cut into 1/2-inch cubes
- 1 cup sugar
- 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- 6 tablespoons almonds whole

Equipment

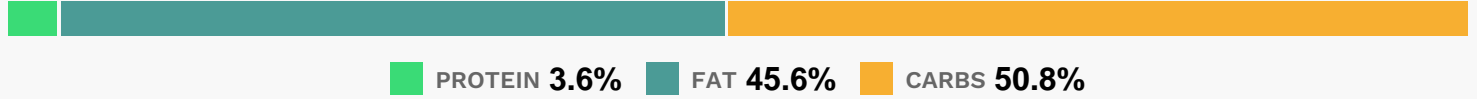
- bowl
- oven
- aluminum foil
- pie form

Directions

- Blend flour, sugar, and salt in processor.
- Add butter and shortening; using on/off turns, cut in until mixture resembles coarse meal.
- Add 5 tablespoons ice water and process until moist clumps form, adding more water by teaspoonfuls if mixture is dry. Gather dough into ball; flatten into disk. Wrap in plastic and chill at least 1 hour.
- Combine all ingredients in processor. Process until moist clumps form. (Dough and topping can be made 1 day ahead. Cover topping and chill; keep dough chilled. Soften dough slightly at room temperature before rolling out.)
- Mix sugar, tapioca, and lemon juice in large bowl.
- Add berries and toss gently to combine.
- Let stand until tapioca softens slightly, stirring occasionally, about 45 minutes. Preheat oven to 400°F.
- Roll out dough on lightly floured surface to 15-inch round.
- Transfer to 9-inch-diameter glass pie dish. Trim dough overhang to 1 inch. Fold overhang under and crimp decoratively, forming high-standing rim. Freeze crust 20 minutes.
- Spoon filling into crust. Crumble topping evenly over filling.
- Bake pie until crust and topping are golden brown and filling is bubbling, covering loosely with sheet of foil if topping browns too quickly, about 55 minutes.

- Transfer pie to rack and cool at least 3 hours. (Can be made 8 hours ahead.)
- Let stand at room temperature.)
- Cut pie into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:21.6, Inflammation Score:-6, Nutrition Score:10.889130366885%

Flavonoids

Cyanidin: 90.14mg, Cyanidin: 90.14mg, Cyanidin: 90.14mg, Cyanidin: 90.14mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 33.45mg, Catechin: 33.45mg, Catechin: 33.45mg, Catechin: 33.45mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 409.82kcal (20.49%), Fat: 21.59g (33.22%), Saturated Fat: 7.87g (49.2%), Carbohydrates: 54.12g (18.04%), Net Carbohydrates: 47.95g (17.44%), Sugar: 38.54g (42.83%), Cholesterol: 22.58mg (7.53%), Sodium: 151.47mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Manganese: 0.91mg (45.6%), Vitamin E: 3.76mg (25.08%), Fiber: 6.17g (24.69%), Vitamin C: 20.35mg (24.67%), Vitamin K: 23.18µg (22.08%), Copper: 0.26mg (12.76%), Magnesium: 45.2mg (11.3%), Vitamin A: 455.31IU (9.11%), Folate: 35.76µg (8.94%), Vitamin B2: 0.14mg (8.46%), Phosphorus: 77.45mg (7.74%), Iron: 1.26mg (7.02%), Potassium: 236.39mg (6.75%), Calcium: 59.64mg (5.96%), Zinc: 0.88mg (5.88%), Vitamin B3: 1.16mg (5.79%), Vitamin B1: 0.09mg (5.68%), Selenium: 3.44µg (4.91%), Vitamin B5: 0.43mg (4.26%), Vitamin B6: 0.05mg (2.42%), Vitamin D: 0.16µg (1.05%)