



Wild Berry Pie

READY IN



275 min.

SERVINGS



8

CALORIES



441 kcal

DESSERT

Ingredients

- 1.5 quarts poached berries wild black red such as raspberries, blackberries, mulberries, blueberries, huckleberries, huckleberries, strawberries
- 6 tablespoons cornstarch
- 1 teaspoon juice of lemon fresh
- 1 box pie crust dough refrigerated pillsbury®
- 1 tablespoon cream sour
- 1 cup sugar

Equipment

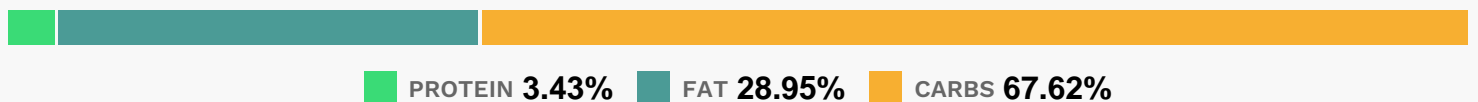
- bowl

- oven
- aluminum foil
- microwave

Directions

- Heat oven to 400°F.
- Remove pie crusts from box, but leave in pouches. Microwave 20 seconds in pouches to soften.
- Remove crusts from pouches; mix sour cream into crust dough using hands. Divide dough in half. On lightly floured surface, roll out thin.
- Place 1 pie crust into 9-inch pie plate.
- To make filling, mix berries, sugar and cornstarch together in large bowl.
- Add fresh lemon juice.
- Place in crust-lined pie plate.
- Add second crust to top of pie and seal; cut slits in pastry. If you like, brush top with cream and sprinkle with sugar.
- Place pie on middle oven rack; place sheet of foil on rack below pie in case of spillover.
- Bake 45 to 55 minutes or until crust is golden brown. Cool at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:-4, Nutrition Score:8.2339129417163%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Petunidin: 32.22mg, Petunidin: 32.22mg, Petunidin: 32.22mg, Petunidin: 32.22mg Delphinidin: 38.31mg, Delphinidin: 38.31mg, Delphinidin: 38.31mg, Delphinidin: 38.31mg Malvidin: 88.1mg, Malvidin: 88.1mg, Malvidin: 88.1mg, Malvidin: 88.1mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg,

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 3.12mg, Myricetin: 3.12mg, Myricetin: 3.12mg, Myricetin: 3.12mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 441.21kcal (22.06%), Fat: 14.55g (22.38%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 76.45g (25.48%), Net Carbohydrates: 70.35g (25.58%), Sugar: 40.01g (44.46%), Cholesterol: 0.88mg (0.29%), Sodium: 207.54mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin K: 32.77µg (31.21%), Fiber: 6.1g (24.39%), Manganese: 0.49mg (24.31%), Vitamin B1: 0.19mg (12.98%), Folate: 47.64µg (11.91%), Vitamin B3: 2.27mg (11.37%), Vitamin B2: 0.16mg (9.3%), Iron: 1.66mg (9.23%), Vitamin E: 1.09mg (7.26%), Vitamin B6: 0.13mg (6.53%), Phosphorus: 57.49mg (5.75%), Vitamin C: 4.69mg (5.69%), Copper: 0.1mg (5.06%), Selenium: 3.4µg (4.86%), Vitamin B5: 0.43mg (4.3%), Potassium: 147.52mg (4.21%), Magnesium: 16.74mg (4.18%), Calcium: 25.62mg (2.56%), Zinc: 0.36mg (2.4%), Vitamin A: 91.51IU (1.83%)