



Finnish Blueberry Pie

 Vegetarian

READY IN



35 min.

SERVINGS



15

CALORIES



220 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 pints blueberries fresh
- ☐ 0.8 cup butter softened
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 cup sugar white to taste

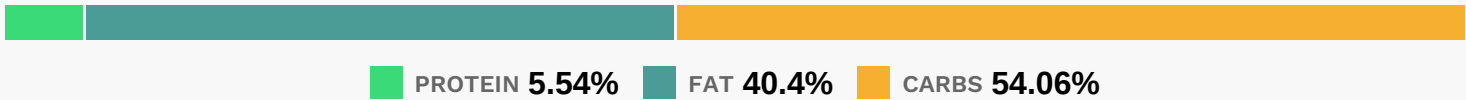
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C), and line a 9x13 inch baking pan with parchment paper.
- ☐ Beat 3/4 cup sugar with the butter until the mixture is smooth and creamy, and beat in the egg.
- ☐ Add the baking powder, and stir in the flour, 1/2 cup at a time, alternating with a few tablespoons of the milk, until all the flour and milk have been incorporated. The dough will be sticky, like sugar cookie dough.
- ☐ Spread the dough into the prepared baking dish, creating a raised edge of dough around the dish.
- ☐ Place the blueberries in a bowl with 1/2 cup of sugar, and mash the berries with a potato masher.
- ☐ Spread the blueberry mixture on top of the crust in an even layer.
- ☐ Bake in the preheated oven until the crust has browned slightly and the filling is thickened and bubbling, 15 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:24.34, Glycemic Load:18.27, Inflammation Score:-5, Nutrition Score:5.977826025175%

Flavonoids

Cyanidin: 5.34mg, Cyanidin: 5.34mg, Cyanidin: 5.34mg, Cyanidin: 5.34mg Petunidin: 19.89mg, Petunidin: 19.89mg, Petunidin: 19.89mg, Petunidin: 19.89mg Delphinidin: 22.35mg, Delphinidin: 22.35mg, Delphinidin: 22.35mg, Delphinidin: 22.35mg Malvidin: 42.64mg, Malvidin: 42.64mg, Malvidin: 42.64mg, Malvidin: 42.64mg Peonidin:

12.8mg, Peonidin: 12.8mg, Peonidin: 12.8mg, Peonidin: 12.8mg Catechin: 3.34mg, Catechin: 3.34mg, Catechin: 3.34mg, Catechin: 3.34mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 220.47kcal (11.02%), Fat: 10.16g (15.63%), Saturated Fat: 6.12g (38.27%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 28.56g (10.38%), Sugar: 13.4g (14.89%), Cholesterol: 36.29mg (12.1%), Sodium: 109.58mg (4.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Manganese: 0.34mg (17.07%), Vitamin K: 13.06µg (12.44%), Vitamin B1: 0.18mg (11.79%), Selenium: 7.63µg (10.9%), Folate: 39.82µg (9.95%), Vitamin B2: 0.15mg (8.72%), Fiber: 2.02g (8.08%), Vitamin C: 6.12mg (7.42%), Vitamin A: 346.72IU (6.93%), Vitamin B3: 1.39mg (6.93%), Iron: 1.13mg (6.29%), Phosphorus: 50.41mg (5.04%), Vitamin E: 0.67mg (4.46%), Calcium: 36.7mg (3.67%), Copper: 0.07mg (3.28%), Vitamin B6: 0.05mg (2.57%), Potassium: 87.8mg (2.51%), Vitamin B5: 0.25mg (2.48%), Magnesium: 9.54mg (2.38%), Zinc: 0.31mg (2.1%), Vitamin B12: 0.09µg (1.49%)