



Five-Minute Blueberry Pie

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



206 kcal

DESSERT

Ingredients

- 0.5 cup sugar
- 2 tablespoons cornstarch
- 0.8 cup water
- 4 cups blueberries fresh thawed
- 1 graham cracker crust (9 inches)
- 1 serving whipped cream

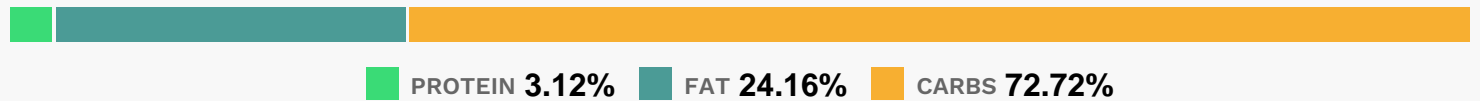
Equipment

- sauce pan

Directions

- In a large saucepan, combine sugar and cornstarch. Stir in water until smooth. Bring to a boil over medium heat; cook and stir for 2 minutes.
- Add blueberries. Cook for 3 minutes, stirring occasionally.
- Pour into crust. Chill.
- Garnish with whipped cream if desired.

Nutrition Facts



Properties

Glycemic Index:20.64, Glycemic Load:12.36, Inflammation Score:-3, Nutrition Score:4.9147826276072%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 206.32kcal (10.32%), Fat: 5.72g (8.8%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 38.76g (12.92%), Net Carbohydrates: 36.57g (13.3%), Sugar: 23.75g (26.39%), Cholesterol: 0.57mg (0.19%), Sodium: 102.3mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Manganese: 0.52mg (26.18%), Vitamin K: 18.93µg (18.03%), Fiber: 2.2g (8.79%), Vitamin C: 7.18mg (8.7%), Vitamin E: 0.82mg (5.46%), Vitamin B3: 0.99mg (4.97%), Copper: 0.1mg (4.75%), Vitamin B2: 0.08mg (4.62%), Folate: 18.27µg (4.57%), Vitamin B1: 0.07mg (4.45%), Iron: 0.78mg (4.31%), Phosphorus: 34.67mg (3.47%), Vitamin B6: 0.05mg (2.75%), Zinc: 0.39mg (2.61%), Magnesium: 9.69mg (2.42%), Potassium: 82.4mg (2.35%), Vitamin B5: 0.13mg (1.32%), Calcium: 12.19mg (1.22%), Selenium: 0.77µg (1.1%)