



Fresh Blueberry Cheesecake Pie

READY IN



295 min.

SERVINGS



8

CALORIES



540 kcal

DESSERT

Ingredients

- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)
- ☐ 8 oz cream cheese softened
- ☐ 1 cup cream sour
- ☐ 0.7 cup sugar
- ☐ 2 eggs
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 cup water
- ☐ 2 tablespoons juice of lemon
- ☐ 2 cups blueberries fresh

Equipment

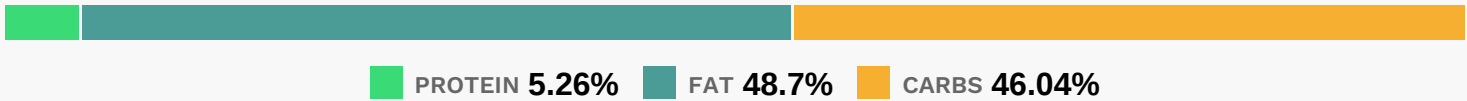
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425°F. Slowly and gently unroll crust.
- ☐ Place crust in ungreased 9-inch pie plate; press firmly against side and bottom. Fold excess crust under and press together to form thick crust edge; flute. Line crust with 10-inch parchment paper or foil circle. Fill bottom of crust to about 1/2 inch deep with metal or ceramic pie beans (use rice or dry beans if you don't have pie beans).
- ☐ Bake 10 minutes.
- ☐ Reduce heat to 375°F.
- ☐ Remove parchment paper and beans from crust. Return crust to oven; bake an additional 4 to 6 minutes or until bottom looks dry and is just starting to turn light brown.
- ☐ Meanwhile in a large bowl, beat together cream cheese, sour cream, sugar, eggs, and vanilla with electric mixer on medium-high speed just until blended; pour into crust.
- ☐ Cover edge of crust with strips of foil to prevent excessive browning.
- ☐ Bake 25 to 30 minutes or until filling is set but center still jiggles slightly when moved. Cool 1 hour at room temperature.
- ☐ Meanwhile in 1 1/2 quart saucepan, mix sugar, cornstarch and cinnamon. Stir in water and lemon juice until smooth. Stir in 1 cup blueberries.
- ☐ Heat to boiling over medium heat, stirring constantly. Boil 2 minutes or until thickened and most of the berries have popped. Stir in remaining 1 cup blueberries.

Spread blueberry mixture over cooled cheesecake. Refrigerate at least 3 hours before serving.
Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:26.52, Glycemic Load:22.58, Inflammation Score:-5, Nutrition Score:8.1926086674566%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 539.99kcal (27%), Fat: 29.63g (45.58%), Saturated Fat: 13.06g (81.65%), Carbohydrates: 63.02g (21.01%), Net Carbohydrates: 60.8g (22.11%), Sugar: 35.04g (38.93%), Cholesterol: 86.52mg (28.84%), Sodium: 319.13mg (13.88%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 7.2g (14.41%), Manganese: 0.38mg (18.98%), Vitamin B2: 0.27mg (15.91%), Selenium: 9.97µg (14.25%), Vitamin A: 640.32IU (12.81%), Folate: 47.4µg (11.85%), Phosphorus: 114.92mg (11.49%), Vitamin K: 11.89µg (11.32%), Vitamin B1: 0.17mg (11.25%), Iron: 1.68mg (9.33%), Fiber: 2.22g (8.9%), Vitamin B3: 1.57mg (7.86%), Calcium: 76.48mg (7.65%), Vitamin B5: 0.68mg (6.81%), Vitamin C: 5.3mg (6.43%), Vitamin E: 0.92mg (6.12%), Potassium: 171.25mg (4.89%), Vitamin B6: 0.09mg (4.63%), Zinc: 0.67mg (4.48%), Magnesium: 16.93mg (4.23%), Copper: 0.08mg (4.09%), Vitamin B12: 0.22µg (3.68%), Vitamin D: 0.22µg (1.47%)