



Fresh Blueberry Cheesecake Pie

READY IN



295 min.

SERVINGS



8

CALORIES



409 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh
- ☐ 1 tablespoon cornstarch
- ☐ 8 oz cream cheese softened
- ☐ 2 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 1 pie crust dough refrigerated softened
- ☐ 1 cup cream sour
- ☐ 0.5 cup sugar

- ☐ 0.7 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water

Equipment

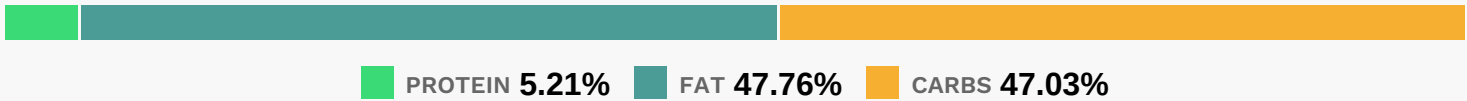
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425F. 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 dont have pie beans).
- ☐ Bake 10 minutes.
- ☐ Reduce heat to 375F.
- ☐ 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:6.281739100166%

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: 408.76kcal (20.44%), Fat: 22.14g (34.07%), Saturated Fat: 10.72g (67.01%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 47.55g (17.29%), Sugar: 35.04g (38.93%), Cholesterol: 86.52mg (28.84%), Sodium: 201.68mg (8.77%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 5.43g (10.87%), Vitamin B2: 0.22mg (13.04%), Vitamin A: 640.03IU (12.8%), Manganese: 0.25mg (12.64%), Selenium: 8.34µg (11.91%), Phosphorus: 94.24mg (9.42%), Vitamin K: 9.79µg (9.32%), Calcium: 71.02mg (7.1%), Folate: 27.3µg (6.82%), Vitamin C: 5.3mg (6.43%), Fiber: 1.51g (6.02%), Vitamin B1: 0.09mg (5.99%), Vitamin B5: 0.56mg (5.64%), Vitamin E: 0.79mg (5.24%), Iron: 0.93mg (5.18%), Potassium: 143.4mg (4.1%), Vitamin B3: 0.8mg (3.98%), Vitamin B6: 0.08mg (3.91%), Vitamin B12: 0.22µg (3.68%), Zinc: 0.54mg (3.62%), Magnesium: 12.62mg (3.15%), Copper: 0.06mg (3.02%), Vitamin D: 0.22µg (1.47%)