



Fresh Blueberry Pie

 Dairy Free

READY IN



220 min.

SERVINGS



8

CALORIES



355 kcal

DESSERT

Ingredients

- ☐ 4 cups blueberries fresh
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 0.8 cup sugar
- ☐ 1 cup water

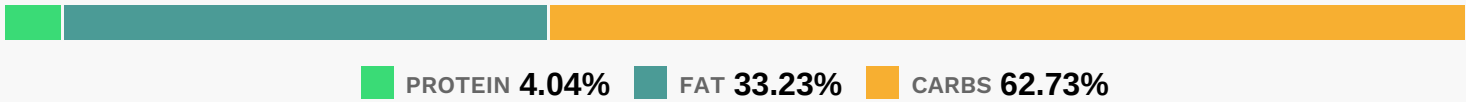
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Heat oven to 450°F. Make 1 pie crust as directed on box for One-Crust
- ☐ Baked Shell. Set aside.
- ☐ Roll out second pie crust and use a cookie cutter to cut decorative shapes for the top of the pie.
- ☐ Bake 7 minutes; set aside.
- ☐ In 2-quart saucepan, combine sugar and cornstarch.
- ☐ Mix well. Gradually stir in water. Cook and stir over medium heat until clear, about 10 minutes.
- ☐ Add 1 1/2 cups of the blueberries. Reduce heat to low; cover. Cook until berries come back to a boil, about 10 minutes.
- ☐ Add cinnamon, lemon juice and lemon peel. Stir.
- ☐ Add remaining blueberries. Stir.
- ☐ Pour into cooled, baked pie shell.
- ☐ Add decorative pie crust shapes to top of pie.
- ☐ Let pie stand until set, about 3 hours.

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:16.67, Inflammation Score:-4, Nutrition Score:6.2678261191949%

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 Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 355.08kcal (17.75%), Fat: 13.35g (20.53%), Saturated Fat: 4.1g (25.64%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 53.56g (19.48%), Sugar: 26.14g (29.04%), Cholesterol: 0mg (0%), Sodium: 207.21mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Manganese: 0.49mg (24.7%), Vitamin K: 17.97µg (17.12%), Fiber: 3.14g (12.55%), Vitamin B1: 0.17mg (11.03%), Folate: 39.84µg (9.96%), Vitamin C: 8.07mg (9.78%), Iron: 1.54mg (8.58%), Vitamin B3: 1.66mg (8.32%), Vitamin B2: 0.12mg (7.02%), Phosphorus: 45.51mg (4.55%), Selenium: 3.13µg (4.47%), Copper: 0.09mg (4.4%), Vitamin E: 0.66mg (4.39%), Vitamin B6: 0.06mg (3.24%), Magnesium: 12.53mg (3.13%), Potassium: 108.61mg (3.1%), Vitamin B5: 0.3mg (2.98%), Zinc: 0.35mg (2.36%), Calcium: 16.61mg (1.66%)