



Fresh Blueberry Pie II

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 2 pints blueberries fresh
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 8 inch pastry shell cooled prepared
- ☐ 0.5 cup sugar white

Equipment

Directions

- ☐
- Pour one pint of the blueberries into the baked pie shell.
- ☐
- Combine flour, butter, lemon juice and sugar.
- ☐
- Mix thoroughly.
- ☐
- Add the remaining pint of blueberries and bring just to a boil over medium heat. Berries should begin to pop open.
- ☐
- Pour cooked berries over fresh berries. Chill pie and serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:48.52, Glycemic Load:20.79, Inflammation Score:-5, Nutrition Score:6.4778260073584%

Flavonoids

Cyanidin: 13.34mg, Cyanidin: 13.34mg, Cyanidin: 13.34mg, Cyanidin: 13.34mg Petunidin: 49.73mg, Petunidin: 49.73mg, Petunidin: 49.73mg, Petunidin: 49.73mg Delphinidin: 55.88mg, Delphinidin: 55.88mg, Delphinidin: 55.88mg, Delphinidin: 55.88mg Malvidin: 106.61mg, Malvidin: 106.61mg, Malvidin: 106.61mg, Malvidin: 106.61mg Peonidin: 32mg, Peonidin: 32mg, Peonidin: 32mg, Peonidin: 32mg Catechin: 8.34mg, Catechin: 8.34mg, Catechin: 8.34mg, Catechin: 8.34mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg Quercetin: 12.11mg, Quercetin: 12.11mg, Quercetin: 12.11mg, Quercetin: 12.11mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 194.56kcal (9.73%), Fat: 3.77g (5.81%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 42.13g (14.04%), Net Carbohydrates: 38.25g (13.91%), Sugar: 32.44g (36.04%), Cholesterol: 5.02mg (1.67%), Sodium: 25.23mg (1.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin K: 31.15µg (29.67%), Manganese: 0.56mg (27.8%), Vitamin C: 16.27mg (19.72%), Fiber: 3.88g (15.51%), Vitamin E: 0.98mg (6.51%), Vitamin B1: 0.08mg (5.49%), Vitamin B2: 0.08mg (4.99%), Copper: 0.1mg (4.86%), Vitamin B3: 0.88mg (4.39%), Vitamin B6: 0.08mg (4.22%), Folate: 14.96µg (3.74%), Potassium: 128.32mg (3.67%), Iron: 0.6mg (3.32%), Vitamin A: 143.67IU (2.87%),

Magnesium: 10.48mg (2.62%), Phosphorus: 23.07mg (2.31%), Selenium: 1.53µg (2.18%), Vitamin B5: 0.21mg (2.07%),
Zinc: 0.28mg (1.89%), Calcium: 10.87mg (1.09%)