



Fresh Blueberry Pie III

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



205 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh
- ☐ 1 tablespoon butter
- ☐ 3 tablespoons cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 1.5 tablespoons milk
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil

- ☐ 0.3 cup water
- ☐ 0.8 cup sugar white

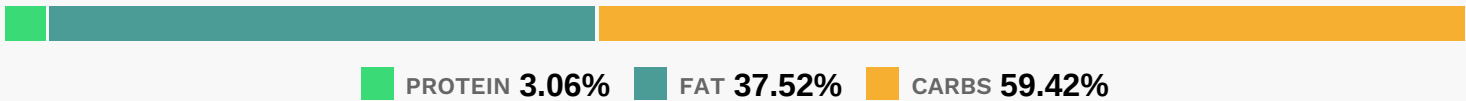
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Prepare crust.
- ☐ In a large bowl, combine flour,1/4 teaspoon salt and 3 tablespoons sugar.
- ☐ Add oil and milk and mix together.
- ☐ Roll out and line a 9 inch pie pan.
- ☐ Bake at 375 degrees F (190 degrees C) for 10 minutes or until golden brown.
- ☐ Place 2 cups of fresh blueberries in baked pie shell.
- ☐ In a saucepan, combine 2 cups fresh or frozen blueberries, water, cornstarch, 1/4 teaspoon salt and 3/4 cup sugar. Bring to a boil and continue to boil for 5 minutes or until thick and clear.
- ☐ Add butter and lemon juice.
- ☐ Pour filling over berries in pie shell and allow to cool.

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:18.85, Inflammation Score:-2, Nutrition Score:3.7478260689456%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg,

Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 205.22kcal (10.26%), Fat: 8.75g (13.46%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 30.1g (10.94%), Sugar: 18.1g (20.11%), Cholesterol: 3.28mg (1.09%), Sodium: 69.22mg (3.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Vitamin K: 19.22µg (18.3%), Manganese: 0.19mg (9.35%), Vitamin B1: 0.11mg (7.38%), Selenium: 4.48µg (6.4%), Folate: 24.99µg (6.25%), Vitamin E: 0.81mg (5.38%), Vitamin B2: 0.08mg (4.74%), Vitamin B3: 0.87mg (4.33%), Fiber: 1.07g (4.3%), Vitamin C: 3.45mg (4.18%), Iron: 0.69mg (3.81%), Phosphorus: 20.09mg (2.01%), Copper: 0.04mg (1.92%), Magnesium: 5.05mg (1.26%), Potassium: 41.81mg (1.19%), Vitamin B6: 0.02mg (1.15%), Vitamin A: 54.71IU (1.09%), Vitamin B5: 0.1mg (1.03%)