



Fried Blueberry Pies

 Dairy Free

READY IN



140 min.

SERVINGS



18

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 1.3 cups blueberries fresh
- ☐ 7.5 teaspoons cornstarch
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon lemon zest grated
- ☐ 18 servings powdered sugar
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 18 servings vegetable oil for deep frying
- ☐ 3 tablespoons water

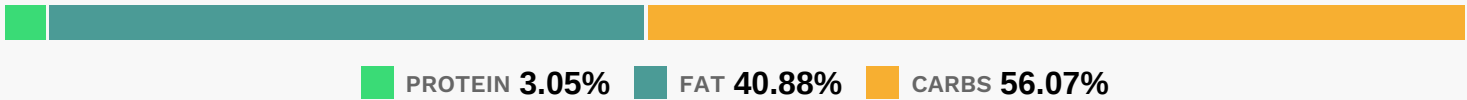
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ deep fryer

Directions

- ☐ In 2-quart saucepan, mix blueberries and granulated sugar.
- ☐ Heat to boiling over medium heat, stirring occasionally. In small bowl, mix cornstarch and water. Stir into blueberry mixture. Return to boiling over medium heat. Cook 2 minutes, stirring constantly, or until thickened.
- ☐ Remove from heat; stir in lemon peel. Cool completely, about 45 minutes.
- ☐ Line cookie sheet with waxed paper.
- ☐ Remove pie crusts from pouches; unroll on lightly floured work surface.
- ☐ Roll each crust to 12-inch round. With 3 1/2-inch round cutter, cut 9 rounds from each crust.
- ☐ Brush crust edges with water. Spoon about 1 heaping teaspoon blueberry mixture onto center of each crust round. Fold dough in half over filling; press edges with fork to seal.
- ☐ Place pies in single layer on cookie sheet. Freeze 1 hour.
- ☐ In deep fryer or heavy saucepan, heat 2 inches oil to 350°F. Fry pies in hot oil about 1 minute on each side or until golden brown.
- ☐ Drain on paper towels.
- ☐ Sprinkle powdered sugar over pies.

Nutrition Facts



Properties

Glycemic Index:6.12, Glycemic Load:4.41, Inflammation Score:-1, Nutrition Score:2.2004347958643%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Petunidin: 3.46mg, Petunidin: 3.46mg, Petunidin: 3.46mg, Petunidin: 3.46mg Delphinidin: 3.88mg, Delphinidin: 3.88mg, Delphinidin: 3.88mg, Delphinidin: 3.88mg Malvidin: 7.41mg, Malvidin: 7.41mg, Malvidin: 7.41mg, Malvidin: 7.41mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 188.29kcal (9.41%), Fat: 8.65g (13.3%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 25.85g (9.4%), Sugar: 14.47g (16.07%), Cholesterol: 0mg (0%), Sodium: 91.42mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Vitamin K: 8.89µg (8.46%), Manganese: 0.14mg (6.8%), Vitamin B1: 0.07mg (4.35%), Folate: 16.23µg (4.06%), Iron: 0.62mg (3.45%), Fiber: 0.84g (3.35%), Vitamin B3: 0.65mg (3.23%), Vitamin B2: 0.04mg (2.64%), Vitamin E: 0.39mg (2.63%), Selenium: 1.38µg (1.98%), Phosphorus: 17.44mg (1.74%), Vitamin C: 1.21mg (1.46%), Copper: 0.02mg (1.24%), Vitamin B5: 0.1mg (1.04%), Magnesium: 4.06mg (1.01%)