



Gluten-Free Blueberry Pie with Cornmeal Crust

 Gluten Free

READY IN



240 min.

SERVINGS



8

CALORIES



627 kcal

DESSERT

Ingredients

- ☐ 1 cup rice flour white
- ☐ 0.5 cup tapioca flour
- ☐ 0.3 cup potato flour
- ☐ 0.5 cup cornmeal
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon xanthan gum
- ☐ 0.5 teaspoon salt

- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 0.5 cup butter very cold cut into 1/2-inch pieces
- ☐ 0.3 cup shortening very cold cut into 1/2-inch pieces
- ☐ 0.3 cup water
- ☐ 1.5 lb blueberries fresh
- ☐ 0.5 cup sugar
- ☐ 0.3 cup cornstarch
- ☐ 12 oz jam gluten-free
- ☐ 0.3 cup butter cut into small pieces
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 1 eggs separated
- ☐ 1 tablespoon milk
- ☐ 1 tablespoon sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ In food processor, place flours, cornmeal, 2 tablespoons sugar, the xanthan gum, 1/2 teaspoon salt and the pumpkin pie spice. Cover; pulse, using quick on-and-off motions, until blended.
- ☐ Add 1/2 cup butter and the shortening. Cover; pulse until coarse crumbs form, about 5 seconds.
- ☐ Add water; pulse just until dough comes together. Divide dough in half; flatten each into a disk. Wrap in plastic wrap; refrigerate until firm.
- ☐ In large bowl, toss blueberries, 1/2 cup sugar, the cornstarch, preserves, 1/4 cup butter, lemon peel, lemon juice and 1/8 teaspoon salt; set aside.
- ☐ Line cookie sheet with foil; place on lower oven rack to catch any drips.
- ☐ Heat oven to 375°F. Unwrap 1 dough disk (keep remaining dough refrigerated until ready to use). Between 2 sheets of cooking parchment paper generously sprinkled with rice flour, roll dough into 12-inch round about 1/4 inch thick. Carefully peel off top piece of parchment paper; replace paper and turn round over. Peel off parchment paper from second side of dough and discard.
- ☐ Place upside-down 9-inch glass pie plate on dough round. Turn plate with dough over; remove parchment paper and discard. Pat dough into plate, pressing together any cracks or tears. In small bowl, beat egg white.
- ☐ Brush over dough. Spoon filling into crust-lined plate.
- ☐ Unwrap second dough disk. Between 2 sheets of cooking parchment paper generously sprinkled with rice flour, roll dough into 12-inch round about 1/4 inch thick. Carefully peel off top piece of parchment paper; invert dough onto filling. Peel off parchment paper from second side of dough and discard. Using sharp knife, trim crusts even with edge of plate; crimp edge with fork to seal.
- ☐ Cut vents in top crust. In small bowl, beat egg yolk and milk.
- ☐ Brush over dough.
- ☐ Sprinkle with 1 tablespoon sugar.
- ☐ Bake 1 hour to 1 hour 10 minutes or until crust is golden and filling is bubbly. Cool completely on cooling rack, about 2 hours.

Nutrition Facts



 **PROTEIN 2.67%**  **FAT 35.95%**  **CARBS 61.38%**

Properties

Glycemic Index:72.47, Glycemic Load:46.78, Inflammation Score:-6, Nutrition Score:9.1439129580622%

Flavonoids

Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg Peonidin: 17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg 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: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 626.85kcal (31.34%), Fat: 25.51g (39.25%), Saturated Fat: 12.97g (81.04%), Carbohydrates: 98.02g (32.67%), Net Carbohydrates: 93.43g (33.97%), Sugar: 46.6g (51.78%), Cholesterol: 66.44mg (22.15%), Sodium: 356.82mg (15.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Manganese: 0.64mg (31.89%), Vitamin K: 21.37µg (20.35%), Fiber: 4.6g (18.38%), Vitamin C: 13.24mg (16.05%), Vitamin B6: 0.25mg (12.49%), Vitamin A: 610.88IU (12.22%), Vitamin E: 1.56mg (10.38%), Selenium: 6.8µg (9.72%), Phosphorus: 89.46mg (8.95%), Copper: 0.16mg (8.04%), Vitamin B1: 0.11mg (7.56%), Magnesium: 29.47mg (7.37%), Vitamin B2: 0.12mg (7.17%), Vitamin B3: 1.33mg (6.64%), Iron: 1.13mg (6.27%), Potassium: 216.98mg (6.2%), Vitamin B5: 0.52mg (5.22%), Zinc: 0.76mg (5.09%), Folate: 18.86µg (4.71%), Calcium: 31.5mg (3.15%), Vitamin B12: 0.1µg (1.59%)