



Grandma's Blueberry Pie

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 3 cups blueberries
- ☐ 1 tablespoon butter
- ☐ 1 pastry for a 9 inch double crust pie
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons quick-cooking tapioca
- ☐ 1.3 cups sugar white

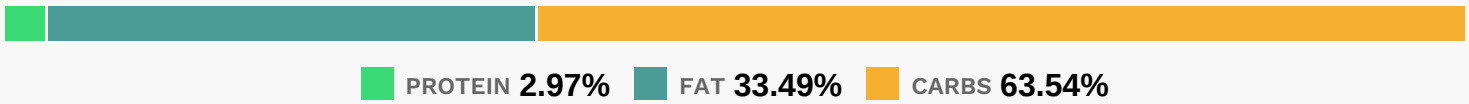
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ pie form

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Roll out half the pastry and line a 9-inch pie pan; trim crust to the rim of the pan. Loosely cover with plastic wrap and refrigerate.
- ☐ Combine sugar, tapioca, and cinnamon. Toss sugar mixture with blueberries in a mixing bowl and sprinkle with lemon juice.
- ☐ Let stand fifteen minutes. Meanwhile, roll out the top crust into a 10-inch circle.
- ☐ Cut into half-inch strips.
- ☐ Pour blueberry mixture into chilled pie shell and dot with butter.
- ☐ Add the pastry strips one at a time, weaving a lattice. Flute edges.
- ☐ Place pie on a baking sheet to catch drips.
- ☐ Bake in the preheated oven for 40 to 50 minutes, until filling is bubbly and crust is light brown. Cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:27.64, Glycemic Load:31.98, Inflammation Score:-3, Nutrition Score:5.0113042925039%

Flavonoids

Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg Peonidin: 11.26mg, Peonidin: 11.26mg,

Peonidin: 11.26mg, Peonidin: 11.26mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg
Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg
Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg 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: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.92mg, Kaempferol:
0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg,
Myricetin: 0.72mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg Gallocatechin:
0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 349.57kcal (17.48%), Fat: 13.38g (20.58%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 57.11g (19.04%),
Net Carbohydrates: 55.24g (20.09%), Sugar: 36.99g (41.1%), Cholesterol: 3.76mg (1.25%), Sodium: 88.41mg
(3.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Manganese: 0.36mg (17.96%), Vitamin K:
15.8µg (15.05%), Selenium: 7.68µg (10.97%), Vitamin B1: 0.14mg (9.53%), Vitamin B3: 1.51mg (7.56%), Fiber: 1.86g
(7.45%), Vitamin C: 6.11mg (7.41%), Folate: 27.65µg (6.91%), Vitamin B2: 0.12mg (6.84%), Iron: 0.97mg (5.37%),
Vitamin E: 0.53mg (3.52%), Copper: 0.07mg (3.47%), Phosphorus: 25.68mg (2.57%), Magnesium: 8.45mg (2.11%),
Potassium: 64.93mg (1.86%), Vitamin B6: 0.04mg (1.82%), Zinc: 0.26mg (1.73%), Vitamin A: 74.49IU (1.49%)