



Homemade Blueberry Pie Filling



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



89 kcal

DESSERT

Ingredients

- ☐ 1 pint blueberries fresh
- ☐ 2 tablespoons butter cold cut into pieces
- ☐ 1.5 tablespoons cornstarch
- ☐ 0.3 cup water
- ☐ 0.3 cup sugar white

Equipment

- ☐ sauce pan

Directions

- ☐ Cook and stir 3 pints blueberries, sugar, cornstarch, and cinnamon in a saucepan with water over medium-low heat until sugar is dissolved and mixture is slightly thickened, 10 to 15 minutes.
- ☐ Remove saucepan from heat and add butter and remaining 1 pint blueberries; stir gently so blueberries stay whole. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:7.23, Inflammation Score:-3, Nutrition Score:2.3391304097098%

Flavonoids

Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 88.59kcal (4.43%), Fat: 3.05g (4.7%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 14.74g (5.36%), Sugar: 12.13g (13.48%), Cholesterol: 7.53mg (2.51%), Sodium: 23.66mg (1.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin K: 11.66µg (11.11%), Manganese: 0.2mg (9.99%), Vitamin C: 5.74mg (6.95%), Fiber: 1.43g (5.73%), Vitamin E: 0.42mg (2.79%), Vitamin A: 119.4IU (2.39%), Copper: 0.04mg (1.8%), Vitamin B2: 0.03mg (1.57%), Vitamin B6: 0.03mg (1.54%), Vitamin B1: 0.02mg (1.47%), Potassium: 46.55mg (1.33%), Vitamin B3: 0.25mg (1.24%)