



Impossibly Easy Mixed-Berry Crumble Pie

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



186 kcal

DESSERT

Ingredients

- ☐ 12 oz berries mixed frozen ()
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon butter softened
- ☐ 2 tablespoons butter cold
- ☐ 2 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup milk

- ☐ 0.3 cup nuts chopped
- ☐ 0.5 cup sugar
- ☐ 0.5 cup frangelico
- ☐ 0.5 cup frangelico

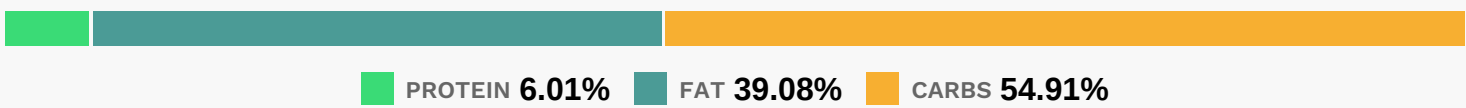
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat oven to 325F. Spray 9-inch pie plate with cooking spray. In small bowl, sitr together 1/2 cup Bisquick mix, brown sugar and nuts.
- ☐ Cut in 2 tablespoons cold butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until crumbly; set aside.
- ☐ In medium bowl, mix frozen berries, cinnamon and nutmeg.
- ☐ Spread in pie plate.
- ☐ In another medium bowl, stir remaining pie ingredients with wire whisk or fork until blended.
- ☐ Pour into pie plate.
- ☐ Sprinkle with streusel.
- ☐ Bake 50 to 60 minutes or until top is evenly deep golden brown.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:9.23, Inflammation Score:-3, Nutrition Score:4.0500000093294%

Flavonoids

Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg Petunidin: 7.72mg, Petunidin: 7.72mg, Petunidin: 7.72mg, Petunidin: 7.72mg Delphinidin: 9.18mg, Delphinidin: 9.18mg, Delphinidin: 9.18mg, Delphinidin: 9.18mg Malvidin: 21.11mg, Malvidin: 21.11mg, Malvidin: 21.11mg, Malvidin: 21.11mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 186.24kcal (9.31%), Fat: 8.41g (12.94%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 24.9g (9.05%), Sugar: 23.53g (26.15%), Cholesterol: 42.75mg (14.25%), Sodium: 73.97mg (3.22%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.91g (5.82%), Manganese: 0.2mg (10.19%), Fiber: 1.7g (6.8%), Vitamin K: 7.13µg (6.79%), Phosphorus: 63.21mg (6.32%), Vitamin B2: 0.1mg (5.91%), Vitamin A: 292.93IU (5.86%), Selenium: 3.88µg (5.54%), Copper: 0.09mg (4.26%), Calcium: 41.5mg (4.15%), Magnesium: 16.44mg (4.11%), Vitamin B6: 0.07mg (3.51%), Vitamin B5: 0.35mg (3.47%), Vitamin E: 0.5mg (3.31%), Vitamin B12: 0.19µg (3.09%), Potassium: 100.78mg (2.88%), Iron: 0.51mg (2.85%), Zinc: 0.41mg (2.76%), Folate: 10.58µg (2.65%), Vitamin D: 0.39µg (2.59%), Vitamin B1: 0.04mg (2.42%), Vitamin B3: 0.47mg (2.35%), Vitamin C: 1.1mg (1.34%)