



## Jan's Fresh Blueberry Pie

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



1118 kcal

DESSERT

### Ingredients

- 4 cups blueberries fresh
- 2 tablespoons cornstarch
- 9 inch graham cracker crust prepared
- 4 tablespoons jell-o® mix lemon flavored
- 1 cup water
- 1 cup sugar white

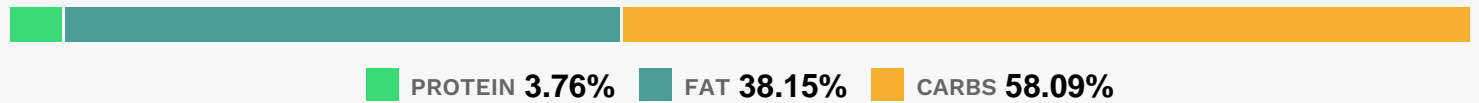
### Equipment

- sauce pan

# Directions

- In a medium saucepan, mix together the sugar and cornstarch.
- Pour in water and bring to a full boil. Turn off heat and add in gelatin; stir until completely dissolved.
- Let cool.
- When mixture is cooled fold in blueberries. Gently pour into the graham cracker crust. Cover and refrigerate for about an hour or until ready to serve.

# Nutrition Facts



# Properties

Glycemic Index:13.76, Glycemic Load:21.03, Inflammation Score:-6, Nutrition Score:20.343913111998%

# Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

# Nutrients (% of daily need)

Calories: 1117.55kcal (55.88%), Fat: 47.76g (73.47%), Saturated Fat: 9.58g (59.9%), Carbohydrates: 163.6g (54.53%), Net Carbohydrates: 158.17g (57.52%), Sugar: 69.95g (77.72%), Cholesterol: 0mg (0%), Sodium: 919.75mg (39.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.16%), Manganese: 2.71mg (135.62%), Vitamin K: 55.97µg (53.31%), Vitamin B3: 6.47mg (32.34%), Folate: 128.86µg (32.21%), Iron: 5.21mg (28.92%), Vitamin E: 3.96mg (26.4%), Vitamin B2: 0.44mg (26.11%), Vitamin B1: 0.38mg (25.29%), Copper: 0.48mg (24.01%), Phosphorus: 237.84mg (23.78%), Fiber: 5.43g (21.71%), Zinc: 2.52mg (16.77%), Magnesium: 48.85mg (12.21%), Vitamin B6: 0.18mg (9.19%), Vitamin C: 7.18mg (8.7%), Selenium: 5.49µg (7.84%), Potassium: 273.9mg (7.83%), Calcium: 61.18mg (6.12%), Vitamin B5: 0.43mg (4.33%)