

Knott's Berry Farm Boysenberry Pie

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



441 kcal

DESSERT

Ingredients

- 7.5 ounces water
- 6.5 ounces granulated sugar
- 1 dash salt
- 1 tablespoon plus
- 1 teaspoon juice of lemon
- 3 tablespoons cornstarch
- 2 ounces water
- 16 ounce boysenberries frozen thaw

2 pie crust dough

Equipment

sauce pan

oven

Directions

In a saucepan, combine water, sugar, salt, corn syrup and lemon juice. Bring to a boil.

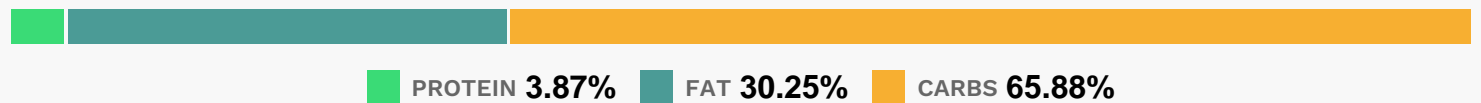
Combine cornstarch and water. Blend thoroughly.

Add frozen boysenberries.

Pour both mixtures into unbaked 9 inch pie crust. Cover with second top crust and seal well around the edges. Make several slashes in the top to release steam.

Bake in a preheated 400 degree F oven for 40 minutes until top is golden brown. Cool on a rack.

Nutrition Facts



Properties

Glycemic Index:14.85, Glycemic Load:21.98, Inflammation Score:-3, Nutrition Score:7.8965217341547%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 440.81kcal (22.04%), Fat: 15.08g (23.2%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 73.88g (24.63%), Net Carbohydrates: 68.42g (24.88%), Sugar: 38.7g (43%), Cholesterol: 0mg (0%), Sodium: 244.18mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.67%), Manganese: 0.67mg (33.37%), Folate: 87.46µg (21.87%), Fiber: 5.46g (21.85%), Vitamin B1: 0.2mg (13.22%), Iron: 2.15mg (11.95%), Vitamin B3: 2.11mg (10.55%), Vitamin K: 10.03µg (9.56%), Vitamin B2: 0.13mg (7.66%), Phosphorus: 61.8mg (6.18%), Vitamin E: 0.92mg (6.13%), Copper: 0.11mg (5.72%), Magnesium: 21.25mg (5.31%), Selenium: 3.7µg (5.29%), Potassium: 161.68mg (4.62%), Vitamin B5: 0.42mg (4.2%), Vitamin B6: 0.07mg (3.55%), Calcium: 33.44mg (3.34%), Vitamin C: 2.67mg (3.23%), Zinc: 0.45mg (2.99%), Vitamin A: 51.27IU (1.03%)