



Lattice-Top Blackberry Pie

READY IN



85 min.

SERVINGS



8

CALORIES



415 kcal

DESSERT

Ingredients

- ☐ 3.3 pounds blackberries
- ☐ 2 tablespoons butter unsalted diced
- ☐ 3 tablespoons cornstarch
- ☐ 1 large eggs
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 disks pie dough refrigerated (one 14-ounce package)
- ☐ 1 cup sugar

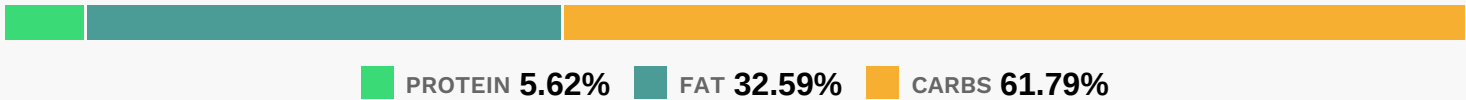
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F with a baking sheet on the middle rack. In a large bowl, toss the blackberries, sugar, cornstarch, lemon juice and lemon zest.
- ☐ Let stand, mixing and coarsely mashing occasionally, 20 minutes.
- ☐ Fit one round of dough into a 9-inch pie plate. Trim the edges, leaving a 1/2-inch overhang. Refrigerate while you continue.
- ☐ Cut the remaining piece of dough into approximately eleven 11/4-inch-wide strips.
- ☐ Spoon the blackberry mixture into the pie shell. Dot the top with the butter. Arrange the dough strips in a lattice pattern on top of the filling and trim the strips close to the edge of the pan; roll up and crimp the edge. Lightly beat the egg with 1 tablespoon water and brush on the top and edge of the pie.
- ☐ Place the pie on the hot baking sheet in the oven and bake until the filling is bubbling, 45 minutes to 1 hour. If the crust browns too quickly, cover it with foil and continue baking.
- ☐ Let the pie cool before serving.
- ☐ Find a lattice how-to, or just lay half of the dough strips evenly on the pie and arrange the remaining strips diagonally across them.
- ☐ Photograph by Steve Giralt

Nutrition Facts



Properties

Glycemic Index:11.89, Glycemic Load:19.44, Inflammation Score:-8, Nutrition Score:16.220434639765%

Flavonoids

Cyanidin: 184.18mg, Cyanidin: 184.18mg, Cyanidin: 184.18mg, Cyanidin: 184.18mg Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 68.29mg, Catechin: 68.29mg, Catechin: 68.29mg, Catechin: 68.29mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 8.59mg, Epicatechin: 8.59mg, Epicatechin: 8.59mg, Epicatechin: 8.59mg Epigallocatechin 3–gallate: 1.25mg, Epigallocatechin 3–gallate: 1.25mg, Epigallocatechin 3–gallate: 1.25mg, Epigallocatechin 3–gallate: 1.25mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 415.37kcal (20.77%), Fat: 15.5g (23.85%), Saturated Fat: 5.49g (34.3%), Carbohydrates: 66.12g (22.04%), Net Carbohydrates: 55.25g (20.09%), Sugar: 33.99g (37.77%), Cholesterol: 30.77mg (10.26%), Sodium: 185.46mg (8.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Manganese: 1.38mg (69.14%), Vitamin C: 39.1mg (47.39%), Fiber: 10.87g (43.48%), Vitamin K: 39.85µg (37.95%), Folate: 79µg (19.75%), Copper: 0.34mg (17.22%), Vitamin E: 2.5mg (16.66%), Iron: 2.39mg (13.25%), Vitamin B3: 2.35mg (11.73%), Magnesium: 44.2mg (11.05%), Vitamin B1: 0.16mg (10.44%), Vitamin A: 516.08IU (10.32%), Potassium: 350.64mg (10.02%), Vitamin B2: 0.15mg (9.11%), Phosphorus: 84.81mg (8.48%), Zinc: 1.26mg (8.38%), Vitamin B5: 0.78mg (7.82%), Selenium: 5.35µg (7.64%), Calcium: 66.37mg (6.64%), Vitamin B6: 0.09mg (4.39%), Vitamin D: 0.18µg (1.18%), Vitamin B12: 0.06µg (1.03%)