



Lattice-Top Blackberry Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



154 kcal

DESSERT

Ingredients

- ☐ 1.8 lb blackberries
- ☐ 0.3 cup cornstarch
- ☐ 1 egg whites lightly beaten
- ☐ 1 tablespoon granulated sugar (coarse)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 8 servings pastry crust
- ☐ 1 tablespoon cooking tapioca
- ☐ 2 tablespoons butter unsalted melted

☐ 2 tablespoons water

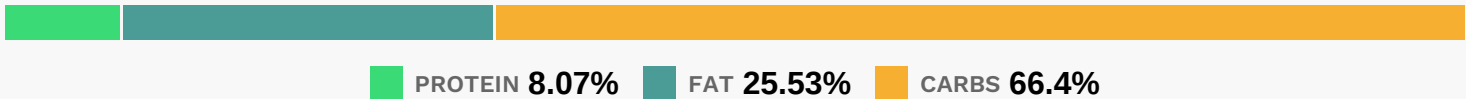
Equipment

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

Directions

- ☐ Make pastry dough.
- ☐ Place a baking sheet in lower third of oven and preheat to 400°F.
- ☐ Toss together berries, granulated sugar to taste, cornstarch, butter, lemon juice, water, and tapioca.
- ☐ Let stand, tossing occasionally, 20 minutes.
- ☐ Roll out 1 piece of dough into a 14-inch round and fit into a 9-inch pie plate (4-cup capacity). Trim edge, leaving a 1/2-inch overhang. Chill shell while rolling out top.
- ☐ Roll out remaining piece of dough into a roughly 16- by 11-inch rectangle.
- ☐ Cut crosswise into 11 (1 1/4-inch-wide) strips with a fluted pastry wheel or a knife.
- ☐ Stir berry mixture, then spoon evenly into shell. Arrange strips in a tight lattice pattern on top of filling and trim strips close to edge of pan.
- ☐ Roll up and crimp edge.
- ☐ Brush top and edge with egg white and sprinkle all over with sugar.
- ☐ Bake on hot baking sheet until crust is golden brown and filling is bubbling, 1 hour to 1 hour and 10 minutes. (Check pie after 45 minutes: If edge of crust is browning too quickly, cover edge with foil or a pie crust shield and continue baking.) Cool completely on a rack before serving.

Nutrition Facts



Properties

Glycemic Index:16.64, Glycemic Load:5.78, Inflammation Score:-6, Nutrition Score:8.9347825827806%

Flavonoids

Cyanidin: 99.17mg, Cyanidin: 99.17mg, Cyanidin: 99.17mg, Cyanidin: 99.17mg Pelargonidin: 0.45mg, Pelargonidin: 0.45mg, Pelargonidin: 0.45mg, Pelargonidin: 0.45mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 36.77mg, Catechin: 36.77mg, Catechin: 36.77mg, Catechin: 36.77mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 4.62mg, Epicatechin: 4.62mg, Epicatechin: 4.62mg, Epicatechin: 4.62mg Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 153.56kcal (7.68%), Fat: 4.49g (6.9%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 26.26g (8.75%), Net Carbohydrates: 20.59g (7.49%), Sugar: 6.5g (7.22%), Cholesterol: 7.53mg (2.51%), Sodium: 99.97mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Manganese: 0.73mg (36.73%), Vitamin C: 22.29mg (27.02%), Fiber: 5.67g (22.67%), Vitamin K: 20.37µg (19.4%), Folate: 42.53µg (10.63%), Copper: 0.19mg (9.38%), Vitamin E: 1.26mg (8.42%), Vitamin B1: 0.12mg (8.26%), Selenium: 5.73µg (8.19%), Vitamin B3: 1.42mg (7.12%), Iron: 1.25mg (6.95%), Vitamin B2: 0.11mg (6.42%), Vitamin A: 300.03IU (6%), Magnesium: 23.56mg (5.89%), Potassium: 185.77mg (5.31%), Zinc: 0.63mg (4.19%), Phosphorus: 38.3mg (3.83%), Vitamin B5: 0.35mg (3.47%), Calcium: 32.4mg (3.24%), Vitamin B6: 0.04mg (1.87%)