



Lattice-Topped Blueberry Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



346 kcal

DESSERT

Ingredients

- ☐ 6 cups blueberries fresh
- ☐ 3.5 tablespoons cornstarch
- ☐ 1.5 cups flour all-purpose divided
- ☐ 0.5 cup water
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons stick margarine melted
- ☐ 1 cup sugar divided

- ☐ 1.5 teaspoons sugar
- ☐ 0.8 teaspoon vanilla extract
- ☐ 4.5 tablespoons shortening

Equipment

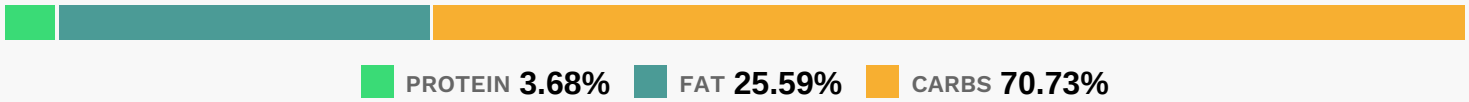
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ To prepare crust, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 1/4 cup flour and ice water, stirring with a whisk until well-blended.
- ☐ Combine 1 1/4 cups flour, 1 1/2 teaspoons sugar, and 1/4 teaspoon salt in a bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add slurry; mix with a fork until flour mixture is moist. Gently press two-thirds of dough into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap.
- ☐ Roll dough into a 12-inch circle. Press remaining dough into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap.
- ☐ Roll dough into a 9-inch circle. Freeze both portions of dough 10 minutes. Working with larger portion of dough, remove 1 sheet of plastic wrap; fit dough into a 9-inch pie plate coated with cooking spray.
- ☐ Remove top sheet of plastic wrap.

- ☐
- To prepare the filling, combine 3/4 cup plus 3 tablespoons sugar, cornstarch, and 1/8teaspoon salt in a bowl, and sprinkle over blueberries. Toss gently. Stir in butter and vanilla.Spoon blueberry mixture into crust.
- ☐
- Preheat oven to 37
- ☐
- Remove top sheet of plastic wrap from remaining dough.
- ☐
- Cut dough into 6 (1 1/2-inch) strips. Gently remove dough strips from bottom sheet of plastic wrap; arrange in a lattice design over blueberry mixture. Seal dough strips to edge of crust.
- ☐
- Place pie on a baking sheet covered with foil.
- ☐
- Sprinkle lattice with 1 tablespoon sugar.
- ☐
- Bake at 375 for 1 hour and 15 minutes or until crust is browned and filling is bubbly. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:31.9, Glycemic Load:36.29, Inflammation Score:-5, Nutrition Score:7.8313044071521%

Flavonoids

Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 345.72kcal (17.29%), Fat: 10.11g (15.56%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 62.89g (20.96%), Net Carbohydrates: 59.57g (21.66%), Sugar: 36.86g (40.96%), Cholesterol: 0mg (0%), Sodium: 138.36mg (6.02%), Alcohol: 0.13g (100%), Alcohol %: 0.09% (100%), Protein: 3.28g (6.55%), Manganese: 0.54mg (26.84%), Vitamin K: 25.32µg (24.12%), Vitamin B1: 0.23mg (15.12%), Fiber: 3.33g (13.31%), Vitamin C: 10.77mg (13.06%), Folate: 49.58µg (12.39%), Selenium: 8.31µg (11.87%), Vitamin B2: 0.17mg (9.86%), Vitamin B3: 1.85mg (9.25%), Iron: 1.43mg (7.97%),

Vitamin E: 1.17mg (7.83%), Copper: 0.1mg (5.16%), Phosphorus: 39.75mg (3.97%), Vitamin B6: 0.07mg (3.42%), Potassium: 112.91mg (3.23%), Vitamin A: 159.11IU (3.18%), Magnesium: 12.2mg (3.05%), Vitamin B5: 0.29mg (2.92%), Zinc: 0.35mg (2.32%), Calcium: 11.96mg (1.2%)