



Little Ann's Peach and Blueberry Pie

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 1 cup blueberries
- ☐ 2 tablespoons butter cut into pieces
- ☐ 1 egg yolk beaten
- ☐ 1 pastry for a double-crust 9-inch pie
- ☐ 2 tablespoons juice of lemon
- ☐ 3 cups peaches sliced
- ☐ 2 tablespoons quick-cooking tapioca
- ☐ 0.5 teaspoon salt

☐ 1 cup sugar white

Equipment

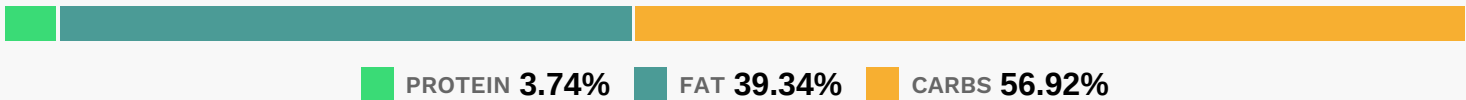
☐ bowl

☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place one pie crust on the bottom of a pie plate.
- ☐ Toss peach slices and blueberries in a large bowl with lemon juice.
- ☐ Combine sugar, tapioca, and salt in a small bowl; pour over peach mixture and toss to coat.
- ☐ Transfer to prepared pie plate and scatter butter pieces over fruit. Cover pie with remaining crust; press and seal the top and bottom crusts.
- ☐ Cut several slits in the top crust to allow steam to escape, then brush with egg yolk.
- ☐ Bake in preheated oven until golden brown, 45 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:32.04, Glycemic Load:27.83, Inflammation Score:-4, Nutrition Score:5.5595651865005%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg 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 Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.43mg,

Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 343.36kcal (17.17%), Fat: 15.41g (23.71%), Saturated Fat: 4.98g (31.15%), Carbohydrates: 50.16g (16.72%), Net Carbohydrates: 48.38g (17.59%), Sugar: 31.97g (35.53%), Cholesterol: 31.83mg (10.61%), Sodium: 253.16mg (11.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Selenium: 10.09µg (14.42%), Manganese: 0.25mg (12.49%), Vitamin K: 10.49µg (9.99%), Vitamin B1: 0.15mg (9.84%), Vitamin B3: 1.82mg (9.12%), Folate: 32.6µg (8.15%), Vitamin B2: 0.13mg (7.68%), Fiber: 1.78g (7.12%), Vitamin C: 5.61mg (6.8%), Vitamin A: 318.7IU (6.37%), Iron: 1.11mg (6.17%), Vitamin E: 0.84mg (5.58%), Copper: 0.09mg (4.73%), Phosphorus: 43.22mg (4.32%), Potassium: 111.07mg (3.17%), Magnesium: 11.04mg (2.76%), Zinc: 0.38mg (2.56%), Vitamin B6: 0.04mg (2.01%), Vitamin B5: 0.19mg (1.87%), Calcium: 10.79mg (1.08%)