



Luscious Blueberry Pie Perfection!

READY IN



80 min.

SERVINGS



8

CALORIES



383 kcal

DESSERT

Ingredients

- 4 cups blueberries fresh divided
- 0.5 cup butter melted
- 2 cups coarse gingersnap cookie crumbs
- 2.5 tablespoons cornstarch
- 1 tablespoon juice of lemon
- 0.5 cup brown sugar light
- 2 tablespoons water cold
- 0.5 cup sugar white

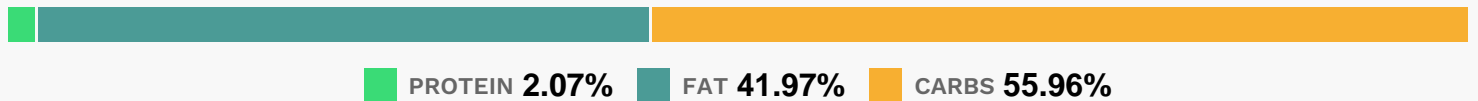
Equipment

- bowl
- sauce pan
- oven
- pie form

Directions

- Move a rack to the center of the oven and preheat oven to 350 degrees F (175 degrees C).
- Stir gingersnap crumbs with light brown sugar and melted butter in a bowl until thoroughly combined. Press the mixture into the bottom and up the sides of a 9-inch pie dish.
- Bake the crust on the center rack of the preheated oven just until set, 3 to 4 minutes. Baking too long will make the crust hard to cut.
- Remove the crust and let cool.
- Stir cornstarch and water in a saucepan until smoothly mixed; add sugar and 1 1/2 cups blueberries. Bring to a boil over medium heat, stirring until the blueberry sauce is thickened, 1 to 2 minutes.
- Remove from heat and stir in remaining 2 1/2 cups blueberries and lemon juice.
- Pour filling into the gingersnap crust and refrigerate until chilled and set, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:28.01, Glycemic Load:22.31, Inflammation Score:-5, Nutrition Score:5.5830434988374%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg

Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg
Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg,
Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin:
0.03mg, Naringenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol:
1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg,
Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin:
5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 382.72kcal (19.14%), Fat: 18.35g (28.22%), Saturated Fat: 9.34g (58.37%), Carbohydrates: 55.04g (18.35%),
Net Carbohydrates: 52.91g (19.24%), Sugar: 38.64g (42.93%), Cholesterol: 30.5mg (10.17%), Sodium: 184.62mg
(8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Manganese: 0.37mg (18.32%), Vitamin
K: 18.03µg (17.17%), Vitamin C: 7.9mg (9.58%), Vitamin E: 1.36mg (9.09%), Fiber: 2.13g (8.52%), Vitamin A: 416.12IU
(8.32%), Vitamin B1: 0.12mg (7.79%), Vitamin B2: 0.12mg (6.84%), Folate: 25.63µg (6.41%), Iron: 1.07mg (5.96%),
Vitamin B3: 1.15mg (5.76%), Copper: 0.07mg (3.71%), Vitamin B6: 0.06mg (3.16%), Phosphorus: 29.81mg (2.98%),
Selenium: 2.08µg (2.97%), Potassium: 102.93mg (2.94%), Magnesium: 9.69mg (2.42%), Calcium: 22.91mg (2.29%),
Vitamin B5: 0.2mg (2.03%), Zinc: 0.26mg (1.75%)