



Mini Lattice Pies



Vegetarian



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries
- ☐ 1.5 tbsp cornstarch
- ☐ 1 eggs beaten for the egg wash finish
- ☐ 1 tsp juice of lemon
- ☐ 2 cups strawberries sliced
- ☐ 0.5 cup sugar

Equipment

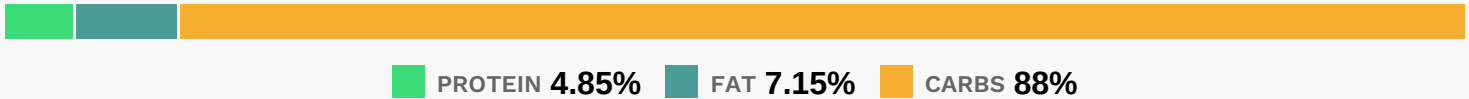
- ☐ baking sheet

- ☐ baking paper
- ☐ oven

Directions

- ☐ Make the pie crust dough and roll out until about 1/4 inch thick.Using lattice mold, press into the dough and cut to form mini pies.
- ☐ Place the bottom pie section on one end of the lattice mold and fill with berry filling.
- ☐ Place the other lattice cute out on the other end of the lattice mold and press close until ends are sealed.
- ☐ Remove pies and place on a baking sheet lined with parchment paper.
- ☐ Brush tops with beaten egg.Preheat oven to 350F and bake for approximately 20 minutes until pie crust turns golden.

Nutrition Facts



Properties

Glycemic Index:37.52, Glycemic Load:22.67, Inflammation Score:-5, Nutrition Score:8.0621738900309%

Flavonoids

Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg Delphinidin: 26.44mg, Delphinidin: 26.44mg, Delphinidin: 26.44mg, Delphinidin: 26.44mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 15.05mg, Peonidin: 15.05mg, Peonidin: 15.05mg, Peonidin: 15.05mg Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 188.9kcal (9.45%), Fat: 1.59g (2.45%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 44.06g (14.69%), Net Carbohydrates: 40.82g (14.84%), Sugar: 35.91g (39.9%), Cholesterol: 40.92mg (13.64%), Sodium: 17.61mg (0.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin C: 50mg (60.6%), Manganese: 0.53mg (26.62%), Vitamin K: 15.9µg (15.14%), Fiber: 3.25g (12.99%), Folate: 27.14µg (6.79%), Vitamin B2: 0.1mg (5.96%), Selenium: 3.97µg (5.68%), Potassium: 184.2mg (5.26%), Vitamin E: 0.75mg (4.99%), Phosphorus: 48.43mg (4.84%), Vitamin B6: 0.09mg (4.58%), Copper: 0.09mg (4.41%), Iron: 0.72mg (4.01%), Magnesium: 15.28mg (3.82%), Vitamin B5: 0.35mg (3.52%), Vitamin B1: 0.05mg (3.29%), Vitamin B3: 0.6mg (2.98%), Zinc: 0.37mg (2.44%), Calcium: 22.5mg (2.25%), Vitamin A: 108.07IU (2.16%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)