



WHATSheATE

Mixed Berry Pie with Ginger, Orange, and Almond Streusel



Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



250 kcal

DESSERT

Ingredients

- ☐ 0.8 cup flour
- ☐ 1 cup almonds sliced
- ☐ 5 ounces blackberries fresh
- ☐ 17 ounces blueberries fresh
- ☐ 3 tablespoons cornstarch
- ☐ 2 tablespoons candied ginger finely chopped
- ☐ 2 tablespoons water ()

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon orange zest finely grated
- ☐ 9 ounces raspberries fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 6 tablespoons butter unsalted chilled cut into 1/4-inch cubes ()
- ☐ 1 tablespoon milk whole

Equipment

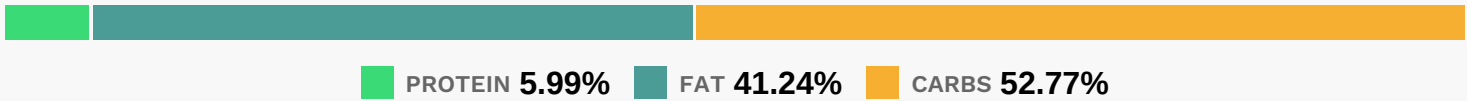
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Whisk flour, sugar, and salt in medium bowl to blend.
- ☐ Add butter and rub in with fingertips until mixture resembles coarse meal.
- ☐ Add 2 tablespoons ice water and stir with fork until mixture is evenly moistened, adding more ice water by teaspoonfuls if mixture is dry. Gather dough into ball; flatten into disk. Wrap dough in plastic and chill at least 1 hour. DO AHEAD: Can be made 2 days ahead. Keep chilled. Soften dough slightly at room temperature before rolling out.
- ☐ Blend flour, sugar, crystallized ginger, orange peel, and salt in processor.
- ☐ Add butter; using on/off turns, blend until coarse crumbs form. Blend in milk (mixture will resemble moist coarse crumbs).
- ☐ Transfer mixture to medium bowl. Stir in almonds. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Position rack in center of oven and preheat to 400°F.
- ☐ Place rimmed baking sheet in bottom of oven to catch any possible spills from pie.
- ☐ Roll out dough on lightly floured surface to 12-inch round.

- ☐ Transferto 9–inch–diameter glass pie dish. Turn piecrust edge under, forming high–standingrim extending 1/4 inch above sides of pie dish;crimp edge decoratively. Freeze crust whilemaking filling.
- ☐ Gently toss blueberries,raspberries, blackberries, 1/2 cup sugar,and lemon juice in large bowl.
- ☐ Let stand10 minutes.
- ☐ Mix cornstarch and remaining2 tablespoons sugar in small bowl.
- ☐ Addto berry mixture and toss gently to coat.
- ☐ Transfer berry mixture to crust, moundingslightly in center.
- ☐ Bake 30 minutes.
- ☐ Remove pie from oven and reduce oventemperature to 375°F.
- ☐ Sprinkle streuseltopping evenly over berry pie filling.Return pie to oven and bake until crust isgolden brown and berry juices are bubblingthickly, about 40 minutes.
- ☐ Transfer pie torack and cool completely.

Nutrition Facts



Properties

Glycemic Index:28.41, Glycemic Load:15.11, Inflammation Score:-6, Nutrition Score:9.0899999271268%

Flavonoids

Cyanidin: 30.15mg, Cyanidin: 30.15mg, Cyanidin: 30.15mg, Cyanidin: 30.15mg Petunidin: 15.27mg, Petunidin: 15.27mg, Petunidin: 15.27mg, Petunidin: 15.27mg Delphinidin: 17.41mg, Delphinidin: 17.41mg, Delphinidin: 17.41mg, Delphinidin: 17.41mg Malvidin: 32.61mg, Malvidin: 32.61mg, Malvidin: 32.61mg, Malvidin: 32.61mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 9.84mg, Peonidin: 9.84mg, Peonidin: 9.84mg, Peonidin: 9.84mg Catechin: 8.25mg, Catechin: 8.25mg, Catechin: 8.25mg, Catechin: 8.25mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 1.91mg, Epicatechin: 1.91mg, Epicatechin: 1.91mg, Epicatechin: 1.91mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg

Myricetin: 0.72mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 249.95kcal (12.5%), Fat: 11.98g (18.42%), Saturated Fat: 4.73g (29.55%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 29.47g (10.71%), Sugar: 18.66g (20.73%), Cholesterol: 18.24mg (6.08%), Sodium: 61.58mg (2.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.83%), Manganese: 0.7mg (35.05%), Vitamin E: 3.22mg (21.48%), Fiber: 5.02g (20.07%), Vitamin C: 15.19mg (18.41%), Vitamin K: 14.72µg (14.02%), Vitamin B2: 0.19mg (11.27%), Magnesium: 38.83mg (9.71%), Copper: 0.19mg (9.31%), Folate: 33.61µg (8.4%), Vitamin B1: 0.12mg (8.21%), Phosphorus: 74.68mg (7.47%), Vitamin B3: 1.34mg (6.7%), Iron: 1.2mg (6.65%), Selenium: 3.95µg (5.65%), Vitamin A: 278.15IU (5.56%), Potassium: 182.59mg (5.22%), Calcium: 44.08mg (4.41%), Zinc: 0.63mg (4.2%), Vitamin B6: 0.06mg (3.11%), Vitamin B5: 0.28mg (2.85%)