



Mixed Berry Pie with Honey Whole Wheat Crust

 Vegetarian

READY IN



165 min.

SERVINGS



6

CALORIES



328 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 1 pint blueberries fresh
- 1.5 teaspoons butter
- 1 egg whites
- 1 tablespoon flour all-purpose
- 2 tablespoons honey
- 0.5 cup water

- 1 tablespoon juice of lemon
- 1.3 cups yogurt plain
- 1.5 teaspoons salt
- 0.5 pint strawberries fresh
- 0.5 cup granulated sugar white
- 2 cups flour whole wheat

Equipment

- sauce pan
- oven
- knife
- whisk
- mixing bowl

Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Whisk together the all-purpose flour, wheat flour, sugar, salt, and baking powder in a mixing bowl.
- Whisk together the water, honey, and yogurt until smooth. Stir the yogurt mixture into the flour until a crumbly dough forms.
- Roll out 2/3 of the dough to fit a 8 inch pie plate.
- Bake the bottom crust in the preheated oven for 15 minutes. Meanwhile, roll out the top crust into a 10 inch circle.
- Cut into 1/2 inch strips with a sharp paring knife or pastry wheel. Set aside.
- Combine lemon juice, egg white, sugar, and butter in a saucepan and bring to a simmer. Stir in the blueberries and return to a low boil. Stir continuously until the berries burst.
- Place boysenberries and sliced strawberries into the baked pie shell, then pour the hot blueberry mixture on top and gently stir. Dot with butter, if desired.
- Add the pastry strips one at a time, weaving a lattice. Fold the ends of the lattice strips under the edge of the bottom crust and flute the crust.

- Brush lattice with egg wash, milk, or water, and sprinkle with sugar (optional).
- Return assembled pie to the oven and bake until the crust is golden brown, 15 to 20 minutes. Allow the pie to cool for 1 hour and 30 minutes before serving.

Nutrition Facts

PROTEIN 9.83%

FAT 10.61%

CARBS 79.56%

Properties

Glycemic Index:73.06, Glycemic Load:21, Inflammation Score:-6, Nutrition Score:18.072174045055%

Flavonoids

Cyanidin: 7.33mg, Cyanidin: 7.33mg, Cyanidin: 7.33mg, Cyanidin: 7.33mg Petunidin: 24.91mg, Petunidin: 24.91mg, Petunidin: 24.91mg, Petunidin: 24.91mg Delphinidin: 28.06mg, Delphinidin: 28.06mg, Delphinidin: 28.06mg, Delphinidin: 28.06mg Malvidin: 53.31mg, Malvidin: 53.31mg, Malvidin: 53.31mg, Malvidin: 53.31mg Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg Peonidin: 16.02mg, Peonidin: 16.02mg, Peonidin: 16.02mg, Peonidin: 16.02mg Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 327.87kcal (16.39%), Fat: 4.13g (6.36%), Saturated Fat: 1.92g (11.97%), Carbohydrates: 69.72g (23.24%), Net Carbohydrates: 62.69g (22.8%), Sugar: 34.81g (38.68%), Cholesterol: 9.32mg (3.11%), Sodium: 836.65mg (36.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.23%), Manganese: 2.06mg (103.17%), Selenium: 27.68µg (39.54%), Vitamin C: 32.09mg (38.9%), Fiber: 7.02g (28.08%), Phosphorus: 256.92mg (25.69%), Calcium: 206.45mg (20.64%), Magnesium: 72.68mg (18.17%), Vitamin B1: 0.26mg (17.66%), Vitamin K: 17.04µg (16.23%), Vitamin B3: 2.59mg (12.97%), Vitamin B2: 0.21mg (12.6%), Copper: 0.24mg (12.17%), Vitamin B6: 0.24mg (12.12%), Iron: 2.18mg (12.09%), Zinc: 1.56mg (10.37%), Potassium: 362.22mg (10.35%), Folate: 38.53µg (9.63%), Vitamin B5: 0.61mg (6.11%), Vitamin E: 0.91mg (6.08%), Vitamin B12: 0.2µg (3.26%), Vitamin A: 132.84IU (2.66%)