



Mystery Ingredient Wild Blueberry Pie

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



167 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 5 cups blueberries wild fresh (preferably)
- ☐ 0.3 cup butter cut into small pieces
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon to taste
- ☐ 0.5 cup sugar white

Equipment

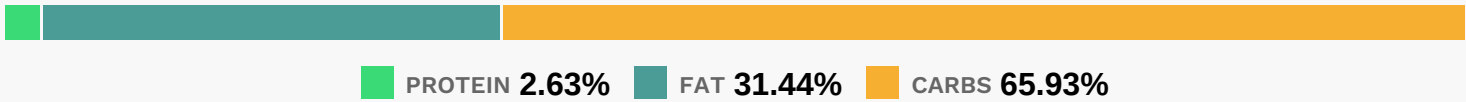
- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Press 1 pie crust pastry into the bottom and sides of a 9-inch pie pan.
- ☐ Stir blueberries, sugar, flour, and cinnamon together in a large bowl.
- ☐ Add almond extract; stir to coat.
- ☐ Pour blueberry mixture into the prepared pie crust. Dot the blueberry mixture with butter pieces. Top with second pie crust, crimping the two crusts together.
- ☐ Brush top crust with milk. Make a few incisions with a knife into the top crust to allow steam to escape during baking. Wrap the edges of the pie with aluminum foil to avoid burning.
- ☐ Bake in the preheated oven for 25 minutes.
- ☐ Remove foil, and continue baking until blueberry filling is bubbling and crust is browned, 20 to 25 more minutes. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:15.36, Inflammation Score:-4, Nutrition Score:4.3117391499488%

Flavonoids

Cyanidin: 7.83mg, Cyanidin: 7.83mg, Cyanidin: 7.83mg, Cyanidin: 7.83mg Petunidin: 29.17mg, Petunidin: 29.17mg, Petunidin: 29.17mg, Petunidin: 29.17mg Delphinidin: 32.77mg, Delphinidin: 32.77mg, Delphinidin: 32.77mg, Delphinidin: 32.77mg Malvidin: 62.52mg, Malvidin: 62.52mg, Malvidin: 62.52mg, Malvidin: 62.52mg Peonidin: 18.77mg, Peonidin: 18.77mg, Peonidin: 18.77mg, Peonidin: 18.77mg Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg

Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg Gallocatechin: 0.11mg,
Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 166.6kcal (8.33%), Fat: 6.14g (9.44%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 26.57g (9.66%), Sugar: 21.72g (24.13%), Cholesterol: 15.25mg (5.08%), Sodium: 46.76mg (2.03%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 1.15g (2.31%), Manganese: 0.36mg (18%), Vitamin K: 18.4µg (17.52%), Vitamin C: 8.98mg (10.88%), Fiber: 2.39g (9.57%), Vitamin E: 0.7mg (4.65%), Vitamin A: 227.59IU (4.55%), Vitamin B1: 0.07mg (4.35%), Vitamin B2: 0.06mg (3.66%), Folate: 12.92µg (3.23%), Vitamin B3: 0.62mg (3.11%), Copper: 0.06mg (2.99%), Iron: 0.46mg (2.55%), Vitamin B6: 0.05mg (2.51%), Selenium: 1.57µg (2.24%), Potassium: 78.08mg (2.23%), Phosphorus: 17.11mg (1.71%), Magnesium: 6.64mg (1.66%), Vitamin B5: 0.14mg (1.4%), Zinc: 0.19mg (1.24%)