



Nepenthe's Triple-Berry Pie

READY IN



45 min.

SERVINGS



8

CALORIES



487 kcal

DESSERT

Ingredients

- 3 cups blackberries fresh
- 0.7 cup brown sugar packed
- 0.5 cup butter cold (1 stick)
- 1.5 teaspoons cinnamon
- 0.3 cup cornstarch
- 0.7 cup flour
- 2 tablespoons grand marnier
- 0.7 cup oats whole
- 8 servings pie crust dough

- 3 cups raspberries fresh
- 3 cups strawberries fresh
- 0.7 cup walnuts

Equipment

- food processor
- bowl
- oven
- pie form
- pastry cutter

Directions

- On a lightly floured board, roll out the dough (it may need to soften for 5 or 10 minutes first) into a 12-inch circle. Fit into a 9-inch pie pan, trim any ends hanging over the side, and flute the edge with your thumb. Chill until ready to use.
- Preheat the oven to 350°F.
- For the filling, wash and hull the strawberries.
- Cut them in half and place in a large bowl.
- Add the blackberries and raspberries and toss with the Grand Marnier. In a separate bowl, combine the brown sugar, cornstarch, and cinnamon.
- Add to the berries and gently toss.
- For the topping, combine the flour, oats, brown sugar, walnuts, and butter in the bowl of a food processor. Pulse until the mixture resembles small peas. To make by hand, cut the butter into the flour and sugar, using a pastry cutter. Finely chop the walnuts and add in along with the oats.
- Fill the chilled pie shell with the filling and cover thoroughly with the topping.
- Bake for 1 hour, until bubbling and golden brown on top.
- From My Nepenthe: Bohemian Tales of Food, Family, and Big Sur by Romney Steele. © 2009 by Romney Steele; Photography copyright © 2009 by Sara Remington. Published by Andrews McMeel Publishing, LLC.

Nutrition Facts

PROTEIN 5.3% FAT 44.73% CARBS 49.97%

Properties

Glycemic Index:35.13, Glycemic Load:9.89, Inflammation Score:-7, Nutrition Score:17.358695606823%

Flavonoids

Cyanidin: 75.74mg, Cyanidin: 75.74mg, Cyanidin: 75.74mg, Cyanidin: 75.74mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 14.1mg, Pelargonidin: 14.1mg, Pelargonidin: 14.1mg, Pelargonidin: 14.1mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 22.28mg, Catechin: 22.28mg, Catechin: 22.28mg, Catechin: 22.28mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 487.41kcal (24.37%), Fat: 24.68g (37.97%), Saturated Fat: 9.74g (60.91%), Carbohydrates: 62.04g (20.68%), Net Carbohydrates: 52.79g (19.19%), Sugar: 26.62g (29.58%), Cholesterol: 30.5mg (10.17%), Sodium: 186.31mg (8.1%), Alcohol: 0.98g (100%), Alcohol %: 0.51% (100%), Protein: 6.58g (13.17%), Manganese: 1.68mg (84.09%), Vitamin C: 55.02mg (66.69%), Fiber: 9.25g (37%), Folate: 82.2µg (20.55%), Copper: 0.38mg (19.06%), Vitamin K: 18.48µg (17.6%), Vitamin B1: 0.24mg (16.24%), Magnesium: 60.32mg (15.08%), Iron: 2.66mg (14.77%), Phosphorus: 131mg (13.1%), Selenium: 8.19µg (11.7%), Vitamin E: 1.72mg (11.46%), Vitamin B3: 2.24mg (11.18%), Potassium: 367.91mg (10.51%), Vitamin A: 494.7IU (9.89%), Vitamin B2: 0.16mg (9.48%), Zinc: 1.3mg (8.63%), Calcium: 76.72mg (7.67%), Vitamin B6: 0.15mg (7.46%), Vitamin B5: 0.67mg (6.69%)