



WHATSheEATS



Old-Fashioned Blueberry-Maple Pie

READY IN



45 min.

SERVINGS



6

CALORIES



437 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 23 ounces blueberries fresh
- ☐ 7 tablespoons water ()
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 1 cup maple syrup pure
- ☐ 0.3 cup cooking tapioca
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup unbleached all purpose flour

- ☐ 3 tablespoons butter unsalted chilled cut into 1/2-inch pieces
- ☐ 6 tablespoons shortening chilled cut into 1/2-inch pieces

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pie form

Directions

- ☐ Blend first 4 ingredients in processor.
- ☐ Add shortening and butter. Using on/off turns, process until mixture resembles coarse meal.
- ☐ Mix in enough ice water by tablespoonfuls to form moist clumps. Gather dough together; divide into 2 pieces, 1 slightly larger than the other. Flatten into disks; wrap each in plastic and chill 1 hour. (Can be prepared 1 day ahead. Keep chilled.)
- ☐ Let soften slightly at room temperature before rolling out.)
- ☐ Place baking sheet on bottom of oven and position rack in center; preheat to 375°F.
- ☐ Combine blueberries, syrup, flour, tapioca and juice in bowl; toss to blend.
- ☐ Let stand 15 minutes.
- ☐ Roll out larger dough disk on floured surface to 12-inch round.
- ☐ Transfer to 9-inch-diameter glass pie dish.
- ☐ Pour filling into crust.
- ☐ Roll out second dough disk on floured surface to 12-inch round. Arrange over filling. Seal crusts at edge of dish. Trim overhang to 3/4 inch; fold under and crimp edge decoratively. Using small knife, cut several slits in top crust.
- ☐ Bake pie until juices bubble thickly and crust is golden, about 1 hour. Cool pie on rack.
- ☐ Serve at room temperature.

Nutrition Facts



 **PROTEIN 1.26%**  **FAT 37.94%**  **CARBS 60.8%**

Properties

Glycemic Index:39.77, Glycemic Load:22.9, Inflammation Score:-5, Nutrition Score:11.276521543446%

Flavonoids

Cyanidin: 9.19mg, Cyanidin: 9.19mg, Cyanidin: 9.19mg, Cyanidin: 9.19mg Petunidin: 34.26mg, Petunidin: 34.26mg, Petunidin: 34.26mg, Petunidin: 34.26mg Delphinidin: 38.5mg, Delphinidin: 38.5mg, Delphinidin: 38.5mg, Delphinidin: 38.5mg Malvidin: 73.45mg, Malvidin: 73.45mg, Malvidin: 73.45mg, Malvidin: 73.45mg Peonidin: 22.05mg, Peonidin: 22.05mg, Peonidin: 22.05mg, Peonidin: 22.05mg Catechin: 5.75mg, Catechin: 5.75mg, Catechin: 5.75mg, Catechin: 5.75mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 436.82kcal (21.84%), Fat: 18.91g (29.1%), Saturated Fat: 6.84g (42.72%), Carbohydrates: 68.19g (22.73%), Net Carbohydrates: 65.43g (23.79%), Sugar: 49.07g (54.52%), Cholesterol: 15.05mg (5.02%), Sodium: 404.96mg (17.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Manganese: 1.64mg (81.84%), Vitamin B2: 0.76mg (44.46%), Vitamin K: 28.29µg (26.94%), Vitamin C: 11.83mg (14.34%), Calcium: 127.33mg (12.73%), Fiber: 2.76g (11.04%), Vitamin E: 1.58mg (10.56%), Vitamin B1: 0.12mg (8.01%), Potassium: 215.49mg (6.16%), Magnesium: 19.73mg (4.93%), Vitamin A: 233.92IU (4.68%), Phosphorus: 42.52mg (4.25%), Folate: 16.93µg (4.23%), Iron: 0.73mg (4.08%), Vitamin B3: 0.81mg (4.06%), Zinc: 0.6mg (3.98%), Copper: 0.07mg (3.73%), Vitamin B6: 0.06mg (3.03%), Selenium: 1.99µg (2.84%), Vitamin B5: 0.26mg (2.57%)