



Old Glory Cherry-Blueberry Pie

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



159 kcal

DESSERT

Ingredients

- ☐ 1.5 cups blueberries fresh frozen rinsed drained
- ☐ 2 teaspoons butter cut into small pieces
- ☐ 0.3 cup cornstarch
- ☐ 10 servings flag pastry
- ☐ 3 tablespoons juice of lemon
- ☐ 1 cup sugar
- ☐ 5 cups cherries dark fresh sweet frozen pitted rinsed (see notes)

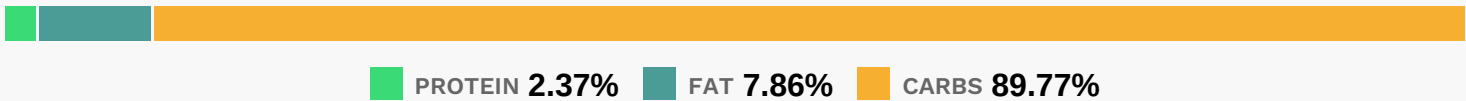
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In a large bowl, mix cherries with 2 tablespoons lemon juice. In a smaller bowl, mix blueberries with remaining 1 tablespoon lemon juice.
- ☐ Combine sugar and cornstarch; gently stir 1 cup of the mixture into cherries and 1/4 cup into blueberries.
- ☐ Spoon cherry mixture over 3/4 of the pastry in pan, leaving 1 quadrant free. Spoon blueberry mixture into unfilled area. Scatter butter evenly over fruit.
- ☐ Top filling with stars and stripes as directed for flag pastry. Set pie in a foil-lined 13- by 17-inch baking pan.
- ☐ Bake on the bottom rack of a 400 regular or convection oven until fruit is bubbling in the center and pastry is well browned, about 1 hour. If pastry edges brown too quickly (check after 40 minutes), cover loosely with foil.
- ☐ Let pie cool on a rack at least 3 hours; let stand at room temperature up to 8 hours.
- ☐ Cut into wedges and serve with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:18.81, Glycemic Load:17.39, Inflammation Score:-2, Nutrition Score:2.7026086976023%

Flavonoids

Cyanidin: 22.72mg, Cyanidin: 22.72mg, Cyanidin: 22.72mg, Cyanidin: 22.72mg Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 5.54mg, Peonidin: 5.54mg, Peonidin: 5.54mg, Peonidin: 5.54mg Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg Epigallocatechin:

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Nutrients (% of daily need)

Calories: 159.01kcal (7.95%), Fat: 1.47g (2.27%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 37.87g (12.62%), Net Carbohydrates: 35.83g (13.03%), Sugar: 31.12g (34.58%), Cholesterol: 0mg (0%), Sodium: 12.68mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Vitamin C: 8.73mg (10.58%), Fiber: 2.04g (8.16%), Manganese: 0.13mg (6.54%), Vitamin K: 5.89µg (5.61%), Potassium: 176.43mg (5.04%), Copper: 0.06mg (2.95%), Vitamin B6: 0.05mg (2.39%), Magnesium: 9.48mg (2.37%), Vitamin B2: 0.04mg (2.33%), Vitamin B1: 0.03mg (2.13%), Iron: 0.36mg (2.03%), Phosphorus: 18.76mg (1.88%), Vitamin A: 92.2IU (1.84%), Vitamin B5: 0.17mg (1.72%), Vitamin E: 0.22mg (1.45%), Folate: 5.78µg (1.45%), Vitamin B3: 0.25mg (1.23%), Calcium: 11.24mg (1.12%)