



Plum-Blackberry Streusel Pie

 Vegetarian

READY IN



360 min.

SERVINGS



8

CALORIES



397 kcal

DESSERT

Ingredients

- ☐ 2 cups blackberries
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 cup oats
- ☐ 1.8 pound plums pitted ripe quartered
- ☐ 3 tablespoons cooking tapioca
- ☐ 0.8 teaspoon salt divided

- ☐ 1.5 cups sugar divided
- ☐ 1 stick butter unsalted cold cut into bits

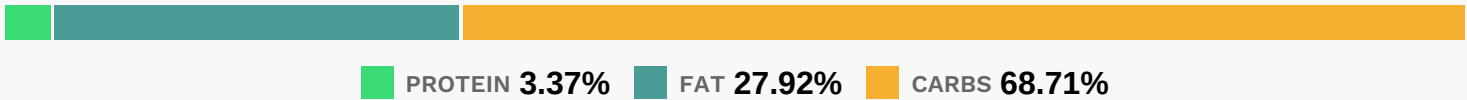
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Put a foil-lined large baking sheet in lower third of oven and preheat oven to 375°F.
- ☐ Toss plums and blackberries with 1 cup sugar, tapioca, cornstarch, zest, and 1/4 teaspoon salt in a large bowl.
- ☐ Roll out dough into a 13-inch round on a lightly floured surface with a lightly floured rolling pin. Fit into pie plate. Trim excess dough, leaving a 1/2-inch overhang. Fold overhang under and press against rim of pie plate, then crimp decoratively. Chill while making streusel.
- ☐ Stir together oats, flour, and remaining 1/2 cup sugar and 1/2 tsp salt. Blend in butter with your fingertips until mixture forms small clumps.
- ☐ Mound filling in shell. Crumble streusel evenly over filling.
- ☐ Bake pie until streusel is golden and filling is bubbling, 1 1/4 to 1 1/2 hours. Cool completely, 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:31.09, Glycemic Load:37.05, Inflammation Score:-6, Nutrition Score:8.8713043059992%

Flavonoids

Cyanidin: 41.57mg, Cyanidin: 41.57mg, Cyanidin: 41.57mg, Cyanidin: 41.57mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 16.21mg, Catechin: 16.21mg, Catechin: 16.21mg, Catechin: 16.21mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 4.85mg, Epicatechin: 4.85mg, Epicatechin: 4.85mg, Epicatechin: 4.85mg Epicatechin 3–gallate: 0.75mg, Epicatechin 3–gallate: 0.75mg, Epicatechin 3–gallate: 0.75mg Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 396.97kcal (19.85%), Fat: 12.77g (19.65%), Saturated Fat: 7.4g (46.27%), Carbohydrates: 70.71g (23.57%), Net Carbohydrates: 66.13g (24.05%), Sugar: 49.17g (54.63%), Cholesterol: 30.37mg (10.12%), Sodium: 221.26mg (9.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Manganese: 0.71mg (35.45%), Vitamin C: 17.31mg (20.98%), Fiber: 4.58g (18.3%), Vitamin A: 772.47IU (15.45%), Vitamin K: 14.69µg (13.99%), Vitamin B1: 0.14mg (9.59%), Selenium: 6.15µg (8.78%), Copper: 0.17mg (8.66%), Folate: 31.96µg (7.99%), Phosphorus: 77.47mg (7.75%), Magnesium: 30.24mg (7.56%), Potassium: 263.79mg (7.54%), Vitamin E: 1.05mg (7.03%), Iron: 1.22mg (6.78%), Vitamin B3: 1.23mg (6.14%), Vitamin B2: 0.1mg (5.98%), Zinc: 0.73mg (4.88%), Vitamin B5: 0.4mg (3.97%), Calcium: 27.11mg (2.71%), Vitamin B6: 0.05mg (2.7%), Vitamin D: 0.21µg (1.41%)