



Polly's Perfect Blueberry Pie

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



316 kcal

DESSERT

Ingredients

- 1 quart blueberries fresh washed
- 4 teaspoons butter
- 3 tablespoons cornstarch
- 2 cups flour all-purpose sifted
- 1 Dash ground cinnamon
- 1 teaspoon juice of lemon
- 3 tablespoons milk
- 1 Dash nutmeg freshly grated

- 0.5 cup salad oil
- 1 teaspoon salt
- 0.8 cup sugar
- 2 teaspoons sugar

Equipment

- bowl
- oven
- whisk
- aluminum foil
- measuring cup
- pie form

Directions

- Into a 9-inch pie plate, sift together the flour, sugar, and the salt. In a glass measuring cup, whisk together 1/2 cup salad oil and 3 tablespoons milk with a fork.
- Pour that over the flour mixture in pie plate and mix with a fork until all flour is evenly dampened. If it is still too dry to work with your hands, mix a little more oil with a little milk and add to flour mixture. With your hands press the dough evenly against the bottom and up the sides of the pie pan, allowing the excess to fall on the counter. (This will be the top crumble crust and is about 1/3 of the total crust mixture.) Sweep it into your hand and reserve in a small bowl. Crimp the edges of the bottom crust or use a fork dipped in milk to flatten the crust along the rim.
- Preheat the oven to 350 degrees F.
- To the washed berries add cornstarch, sugar, cinnamon, and freshly grated nutmeg. Stir gently.
- Place the berry mixture in the bottom crust and sprinkle lemon juice over it. Then with an ordinary teaspoon, place little 1/2 teaspoons soft butter evenly over the top of the berry filling.
- Crumble the reserved crust on top of the pie.
- Bake for 45 to 50 minutes. Check it after 30 minutes. If crust is getting golden but pie filling is not quite congealed, tent the pie with aluminum foil to keep crust from getting too brown.

Serve with vanilla ice cream.

Nutrition Facts

PROTEIN 5.33% **FAT 16.1%** **CARBS 78.57%**

Properties

Glycemic Index:52.27, Glycemic Load:36.89, Inflammation Score:-6, Nutrition Score:9.3291304616824%

Flavonoids

Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg Malvidin: 79.96mg, Malvidin: 79.96mg, Malvidin: 79.96mg, Malvidin: 79.96mg Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 315.8kcal (15.79%), Fat: 5.82g (8.95%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 63.88g (21.29%), Net Carbohydrates: 60.07g (21.85%), Sugar: 31.9g (35.45%), Cholesterol: 6.05mg (2.02%), Sodium: 311.21mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Manganese: 0.64mg (31.97%), Vitamin K: 25.15µg (23.95%), Vitamin B1: 0.29mg (19.53%), Folate: 64.59µg (16.15%), Selenium: 11.05µg (15.79%), Fiber: 3.8g (15.22%), Vitamin C: 11.72mg (14.21%), Vitamin B2: 0.22mg (12.67%), Vitamin B3: 2.35mg (11.75%), Iron: 1.82mg (10.13%), Vitamin E: 1.25mg (8.32%), Copper: 0.12mg (5.87%), Phosphorus: 55.01mg (5.5%), Vitamin B6: 0.08mg (3.97%), Potassium: 135.73mg (3.88%), Magnesium: 15.14mg (3.78%), Vitamin B5: 0.31mg (3.09%), Zinc: 0.44mg (2.95%), Vitamin A: 136IU (2.72%), Calcium: 21.26mg (2.13%)