



Red, White, and Blue Cherry Pies

READY IN



60 min.

SERVINGS



6

CALORIES



604 kcal

DESSERT

Ingredients

- ☐ 1 pint blueberries fresh for garnish
- ☐ 20 ounce cherry pie filling canned
- ☐ 2 tablespoons milk
- ☐ 1 package double pie crust mix
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons sugar
- ☐ 2 cups whipped cream
- ☐ 2 tablespoons water

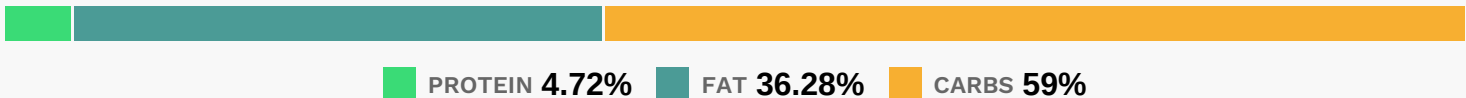
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Prepare pie crust according to package directions. Divide into 6 equal portions, roll into balls and refrigerate covered for at least 1 hour. On a lightly floured surface, roll each into a circle about 1/4-inch thick.
- ☐ Place each of the rolled out circles onto the baking sheet. Divide cherry pie filling into the center of each of the 6 pie crusts and sprinkle each with the pumpkin pie spice. Fold the edges of the pie dough over the cherry pie filling, making sure to leave the center of the pie exposed.
- ☐ Place a few of the reserved blueberries on top of each pie.
- ☐ Brush the sides of the pies with milk and sprinkle with 2 teaspoons of the sugar.
- ☐ Place pies in the oven and bake for 30 minutes, or until crust is golden brown and filling is bubbling.
- ☐ Remove from oven and allow to cool slightly.
- ☐ In a medium sauce pan over medium heat, stir together blueberries, sugar, and two tablespoons water. Bring to a boil, reduce heat and simmer for 10 minutes. Turn off the heat and allow to cool to room temperature.
- ☐ To serve, place 1 warm pie on 6 plates, top each pie with a scoop of vanilla ice cream and a generous drizzle of the blueberry sauce.

Nutrition Facts



Properties

Glycemic Index:46.53, Glycemic Load:13.78, Inflammation Score:-6, Nutrition Score:11.131739209528%

Flavonoids

Cyanidin: 6.67mg, Cyanidin: 6.67mg, Cyanidin: 6.67mg, Cyanidin: 6.67mg Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg Catechin: 4.17mg, Catechin: 4.17mg, Catechin: 4.17mg, Catechin: 4.17mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 603.94kcal (30.2%), Fat: 24.48g (37.67%), Saturated Fat: 9.11g (56.96%), Carbohydrates: 89.59g (29.86%), Net Carbohydrates: 84.97g (30.9%), Sugar: 22.76g (25.29%), Cholesterol: 19.96mg (6.65%), Sodium: 355.22mg (15.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.33%), Manganese: 0.65mg (32.39%), Vitamin K: 20.77µg (19.78%), Fiber: 4.63g (18.5%), Vitamin B1: 0.28mg (18.37%), Vitamin B2: 0.29mg (16.82%), Folate: 62.08µg (15.52%), Vitamin C: 11.35mg (13.76%), Iron: 2.43mg (13.5%), Phosphorus: 127.88mg (12.79%), Vitamin B3: 2.5mg (12.51%), Copper: 0.19mg (9.39%), Potassium: 327.35mg (9.35%), Calcium: 92.87mg (9.29%), Vitamin A: 430.82IU (8.62%), Selenium: 5.57µg (7.96%), Magnesium: 29.38mg (7.35%), Vitamin B5: 0.73mg (7.29%), Vitamin B6: 0.14mg (6.87%), Vitamin E: 0.92mg (6.16%), Zinc: 0.83mg (5.55%), Vitamin B12: 0.2µg (3.31%)