



She's My Blackberry Pie



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 4 cups blackberries fresh to taste
- ☐ 1 eggs beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 1 double crust ready-to-use pie crust
- ☐ 0.5 cup sugar white

Equipment

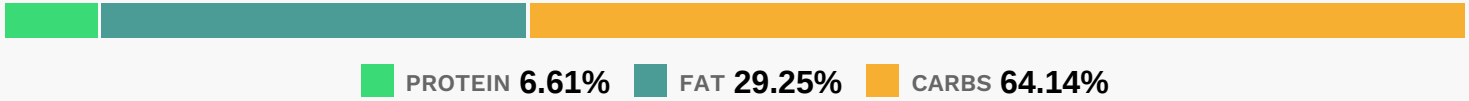
- ☐ bowl

- ☐ oven
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Press 1 pie pastry into bottom of a 9-inch pie pan.
- ☐ Mix blackberries, sugar, flour, and lemon juice together in a large bowl.
- ☐ Pour into prepared crust.
- ☐ Slice second pie crust into 1-inch strips; weave a lattice pattern over the top of the pie. Seal the lattice ends to the bottom pastry with a dab of water; crimp edges together.
- ☐ Brush lattice top with beaten egg.
- ☐ Bake pie in the preheated oven for 15 minutes. Reduce heat to 375 degrees F (190 degrees C) and bake for an additional 15 minutes. Loosely cover pie with aluminum foil to prevent burning; bake until pie is bubbling, 10 to 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:21.26, Glycemic Load:11.05, Inflammation Score:-5, Nutrition Score:7.2930433983388%

Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 194.71kcal (9.74%), Fat: 6.49g (9.98%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 27.59g (10.03%), Sugar: 16.06g (17.85%), Cholesterol: 20.46mg (6.82%), Sodium: 95.64mg (4.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Manganese: 0.58mg (29.02%), Vitamin C: 15.85mg (19.21%), Fiber: 4.43g (17.72%), Vitamin K: 15.83µg (15.08%), Folate: 40.98µg (10.25%), Copper: 0.14mg (7.2%), Iron: 1.23mg (6.85%), Vitamin E: 1mg (6.68%), Vitamin B1: 0.1mg (6.5%), Vitamin B3: 1.21mg (6.05%), Selenium: 4.22µg (6.03%), Vitamin B2: 0.1mg (5.68%), Magnesium: 18.98mg (4.74%), Phosphorus: 45.22mg (4.52%), Potassium: 150.03mg (4.29%), Vitamin B5: 0.38mg (3.84%), Zinc: 0.57mg (3.8%), Vitamin A: 184.1IU (3.68%), Calcium: 28.66mg (2.87%), Vitamin B6: 0.04mg (2.18%)