



Simple Blueberry Apple Pie

 Vegetarian

READY IN



115 min.

SERVINGS



8

CALORIES



337 kcal

DESSERT

Ingredients

- ☐ 16 ounces blueberries fresh
- ☐ 1 stick butter frozen cut into small cubes and
- ☐ 2 tablespoons butter cut into small cubes
- ☐ 0.3 cup cornstarch
- ☐ 1 eggs
- ☐ 1.3 cups flour for dusting
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup ice water

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 golden delicious apples cored peeled cut into 1/2-inch dice
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar

Equipment

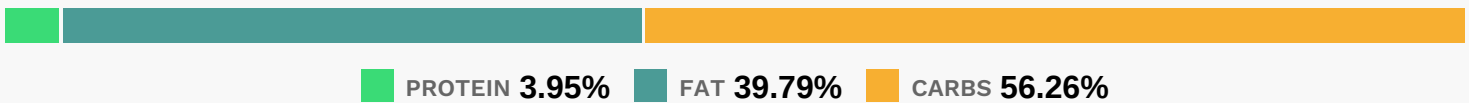
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ pizza cutter
- ☐ pie form

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ For the crust: In a food processor, add the flour and a nice pinch of salt. Pulse very lightly just to blend.
- ☐ Add the butter evenly around the flour and quickly pulse until the flour resembles small crumbs. Slowly pour the water through the spout until the dough begins to come together.
- ☐ Remove and quickly form into a disc. Tightly cover with plastic wrap. Refrigerate for 20 minutes.
- ☐ Meanwhile, for the filling: In a large bowl, add the blueberries, apples, sugar, cornstarch, cinnamon, lemon juice and a pinch of salt. Stir to combine and set aside.
- ☐ Remove the dough from the refrigerator and place on a lightly floured surface. Gently roll the disc into a circle big enough to fit into the pie pan and leave a 3-inch overhang. The dough should be about 1/8-inch thick. Using a pizza cutter, trim the edges of the dough.

- ☐ Place the dough into the pie pan and press gently against the bottom and sides to fit the dough into the pan.
- ☐ Pour in the fruit filling, and then scatter the butter evenly around the top of the pie. Fold the extra dough that's hanging off the edge over the top to create the top of the pie crust. Leave a hole in the center for ventilation.
- ☐ Whisk the egg with 1 teaspoon water and brush the top with egg wash and then sprinkle with the sugar.
- ☐ Place in the oven and bake until the crust is golden brown, about 35 minutes.
- ☐ Let the pie rest at least an hour before serving to let the filling set.

Nutrition Facts



Properties

Glycemic Index:40.26, Glycemic Load:23.92, Inflammation Score:-5, Nutrition Score:6.8391304845395%

Flavonoids

Cyanidin: 5.51mg, Cyanidin: 5.51mg, Cyanidin: 5.51mg, Cyanidin: 5.51mg Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg Peonidin: 11.51mg, Peonidin: 11.51mg, Peonidin: 11.51mg, Peonidin: 11.51mg Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 337.23kcal (16.86%), Fat: 15.32g (23.57%), Saturated Fat: 9.29g (58.07%), Carbohydrates: 48.74g (16.25%), Net Carbohydrates: 45.65g (16.6%), Sugar: 25.95g (28.83%), Cholesterol: 58.35mg (19.45%), Sodium: 128.37mg (5.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Manganese: 0.37mg (18.36%), Vitamin K: 13.29µg (12.66%), Selenium: 8.73µg (12.48%), Vitamin B1: 0.19mg (12.36%), Fiber: 3.09g (12.34%), Folate: 43.88µg (10.97%), Vitamin A: 525.78IU (10.52%), Vitamin C: 8.08mg (9.8%), Vitamin B2: 0.17mg (9.72%), Vitamin B3:

1.45mg (7.23%), Iron: 1.27mg (7.04%), Vitamin E: 0.89mg (5.92%), Phosphorus: 48.75mg (4.88%), Copper: 0.08mg (4.08%), Potassium: 128.13mg (3.66%), Vitamin B6: 0.07mg (3.37%), Vitamin B5: 0.29mg (2.89%), Magnesium: 11.39mg (2.85%), Zinc: 0.34mg (2.27%), Calcium: 18.49mg (1.85%), Vitamin B12: 0.08µg (1.32%)