



Sour Cream Gooseberry Pie

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



187 kcal

DESSERT

Ingredients

- ☐ 2 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.3 cups gooseberry fresh
- ☐ 1 pinch salt
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

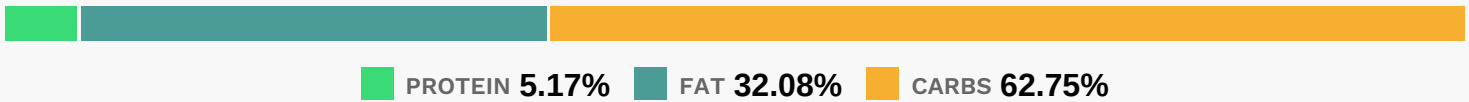
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). In a medium bowl, gently stir together the gooseberries and sugar.
- ☐ Let stand for 15 minutes. Press one of the pie crusts into the bottom and up the sides of a 9 inch pie plate.
- ☐ In a medium bowl, stir together the flour and salt.
- ☐ Mix in the sour cream, eggs and vanilla.
- ☐ Add the gooseberry and sugar mixture, and stir to coat evenly. Spoon into the pie crust, and place the second crust over the top. Crimp the edges to seal, and cut some decorative slits in the top to vent steam.
- ☐ Bake for 55 minutes in the preheated oven. Cool to room temperature, then refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:18.69, Inflammation Score:-2, Nutrition Score:3.2439130674238%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 187.48kcal (9.37%), Fat: 6.86g (10.55%), Saturated Fat: 3.26g (20.37%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 29.13g (10.59%), Sugar: 26.04g (28.93%), Cholesterol: 57.88mg (19.29%), Sodium: 29.94mg (1.3%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 2.49g (4.98%), Vitamin C: 6.75mg (8.18%), Selenium: 5.37µg (7.67%), Vitamin B2: 0.12mg (7.06%), Vitamin A: 306.48IU (6.13%), Phosphorus: 52.01mg (5.2%), Fiber: 1.06g (4.23%), Calcium: 41.65mg (4.16%), Vitamin B5: 0.34mg (3.41%), Folate: 11.73µg (2.93%), Potassium: 100.77mg

(2.88%), Manganese: 0.05mg (2.75%), Vitamin B12: 0.16µg (2.64%), Vitamin B6: 0.05mg (2.51%), Vitamin B1: 0.03mg (2.29%), Iron: 0.39mg (2.14%), Vitamin E: 0.31mg (2.08%), Zinc: 0.28mg (1.87%), Magnesium: 7.01mg (1.75%), Copper: 0.03mg (1.72%), Vitamin D: 0.22µg (1.47%), Vitamin B3: 0.22mg (1.09%)