



## Sour Cream Raspberry Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1208 kcal

DESSERT

### Ingredients

- 2 tablespoons bread crumbs fresh
- 2 teaspoons butter melted
- 0.3 cup flour all-purpose
- 9 inch pie shell
- 3 cups raspberries
- 2 cups cup heavy whipping cream sour
- 0.5 teaspoon vanilla extract
- 2 teaspoons sugar white

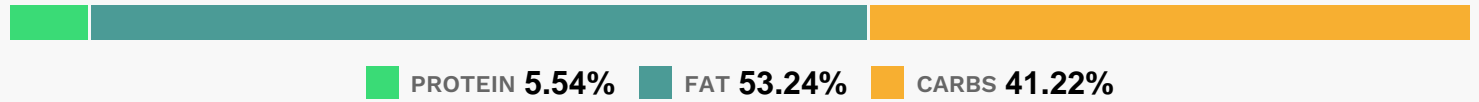
# Equipment

- bowl
- oven
- whisk

# Directions

- In a bowl, combine 3/4 cup sugar and flour.
- Whisk in sour cream and vanilla. Arrange raspberries evenly in the pie shell.
- Spread sour cream mixture over berries.
- Combine bread crumbs, 2 teaspoons sugar, and melted butter or margarine.
- Sprinkle over pie.
- Bake at 400 degrees F (205 degrees C) for 30 to 40 minutes, or until pastry and filling are golden. Cool on rack.
- Serve same day at room temperature.

# Nutrition Facts



# Properties

Glycemic Index:27.64, Glycemic Load:4.21, Inflammation Score:-7, Nutrition Score:20.898695634759%

# Flavonoids

Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 1207.87kcal (60.39%), Fat: 71.31g (109.7%), Saturated Fat: 24.85g (155.34%), Carbohydrates: 124.21g (41.4%), Net Carbohydrates: 115.41g (41.97%), Sugar: 5.15g (5.72%), Cholesterol: 36.61mg (12.2%), Sodium: 965mg (41.96%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 16.69g (33.37%), Manganese: 1.36mg (68.07%), Vitamin B1: 0.71mg (47.32%), Folate: 182.64µg (45.66%), Iron: 6.56mg (36.47%), Fiber: 8.8g (35.21%), Vitamin B3: 6.87mg (34.36%), Vitamin B2: 0.53mg (31.34%), Selenium: 17.46µg (24.94%), Phosphorus: 228.82mg (22.88%), Vitamin K: 21.07µg (20.06%), Vitamin C: 12.31mg (14.92%), Magnesium: 51.68mg (12.92%), Vitamin B5: 1.29mg (12.91%), Calcium: 117.77mg (11.78%), Copper: 0.23mg (11.69%), Vitamin E: 1.68mg (11.19%), Potassium: 369.24mg (10.55%), Zinc: 1.47mg (9.77%), Vitamin B6: 0.17mg (8.31%), Vitamin A: 406.56IU (8.13%), Vitamin B12: 0.13µg (2.19%)