



Summer Berry Pie

READY IN



150 min.

SERVINGS



8

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 8 cup summer berries such raspberries mixed sliced
- ☐ 0.3 cup cornstarch
- ☐ 1 tablespoon cup heavy whipping cream
- ☐ 1 egg yolk
- ☐ 1.3 cup granulated sugar
- ☐ 1 pinch kosher salt
- ☐ 8 servings perfect pie crust (see recipe section)
- ☐ 8 servings sugar raw for sprinkling

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ rolling pin
- ☐ kitchen scissors

Directions

- ☐ Lightly flour a pastry board, marble counter, or kitchen counter. Divide the pastry in half. Pat each piece of pastry into a flat round. Lightly flour the rolling pin.
- ☐ Roll pastry in one direction only, turning pastry continually to prevent it from sticking to the surface. Using pie plate as a guide, measure rolled-out pastry, it should be slightly larger than the pie plate and 1/8-inch thick. Fold rolled pastry circle in half so you can lift it more easily. Unfold, gently fitting the pastry into the pie plate, allowing pastry to hang evenly over the edge. Do not trim the pastry yet. Stir together berries, sugar, cornstarch, lemon juice, and a pinch of salt. Fill pie shell with berry filling. Then roll out the second crust in the same manner as for the bottom. Using a sharp, pointed knife or a small decoratively shaped cutter cut little vents in a decorative pattern. Fold circle in half and place folded pastry on one half the pie. Unfold, pressing top and bottom pastry together. Trim edges with scissors, leaving a ½-inch overhang. Fold bottom pastry overhang over top and press firmly to seal. Crimp rim, using fingers or the tines of a fork.
- ☐ Whisk together yolks and cream. Decorate tops of pies with cutouts, brushing bottoms with egg wash to help them adhere. Refrigerate the pie for 1 hour. Preheat oven to 375 degrees.
- ☐ Brush tops of pies with egg wash, and sprinkle with turbinado sugar.
- ☐ Transfer to a parchment-lined rimmed baking sheet.
- ☐ Bake until juices are bubbling and tops are golden brown, about 1 hour 20 minutes (tent with foil if crust is getting too dark).
- ☐ Let cool at least 1 hour. The cooled pie may be kept overnight, covered at room temperature. Do not refrigerate

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:21.82, Inflammation Score:-4, Nutrition Score:6.132173942483%

Flavonoids

Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

Nutrients (% of daily need)

Calories: 329.33kcal (16.47%), Fat: 7.91g (12.16%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 65.15g (21.72%), Net Carbohydrates: 60.4g (21.96%), Sugar: 45.34g (50.38%), Cholesterol: 26.42mg (8.81%), Sodium: 95.6mg (4.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin K: 27.05µg (25.76%), Fiber: 4.75g (19.01%), Manganese: 0.33mg (16.34%), Vitamin B1: 0.11mg (7.49%), Folate: 29.08µg (7.27%), Vitamin B3: 1.38mg (6.91%), Vitamin B2: 0.11mg (6.75%), Vitamin E: 0.92mg (6.11%), Vitamin B6: 0.11mg (5.53%), Iron: 0.93mg (5.18%), Vitamin C: 3.89mg (4.71%), Phosphorus: 42.74mg (4.27%), Selenium: 2.98µg (4.26%), Copper: 0.07mg (3.67%), Vitamin B5: 0.35mg (3.52%), Potassium: 109.58mg (3.13%), Magnesium: 11.32mg (2.83%), Vitamin A: 131.52IU (2.63%), Calcium: 21.09mg (2.11%), Zinc: 0.27mg (1.77%), Vitamin D: 0.15µg (1.01%)