



Sweet Blueberry Cream Cheese Pie

READY IN

ready

235 min.

SERVINGS

servings

15

CALORIES

calories

339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups blueberries
- ☐ 2 tablespoons cornstarch
- ☐ 8 ounce cream cheese softened
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup butter melted
- ☐ 0.8 cup pecans chopped
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 cup sugar white

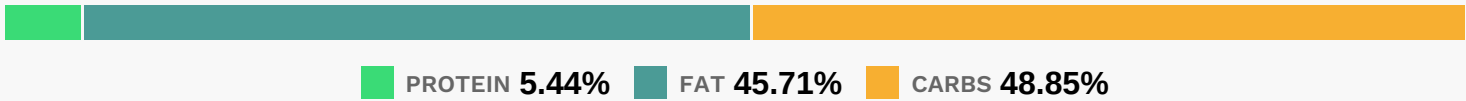
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Mix flour, pecans, and margarine in a bowl. Press dough into a 9x13-inch baking dish to form a crust.
- ☐ Bake in preheated oven until golden brown, about 30 minutes. Allow crust to cool completely.
- ☐ Meanwhile, heat blueberries, sugar, cornstarch, and 1 teaspoon lemon juice in a saucepan over medium heat until berries burst and juice thickens, about 10 minutes. Allow blueberry sauce to cool completely.
- ☐ Beat cream cheese until fluffy.
- ☐ Add sweetened condensed milk and blend well. Stir in 1/3 cup lemon juice.
- ☐ Pour cream cheese filling into cooled crust and spread blueberry sauce over cream cheese. Chill in refrigerator for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:18.87, Glycemic Load:24.85, Inflammation Score:-5, Nutrition Score:7.0273912406486%

Flavonoids

Cyanidin: 3.92mg, Cyanidin: 3.92mg, Cyanidin: 3.92mg, Cyanidin: 3.92mg Petunidin: 12.44mg, Petunidin: 12.44mg, Petunidin: 12.44mg, Petunidin: 12.44mg Delphinidin: 14.38mg, Delphinidin: 14.38mg, Delphinidin: 14.38mg, Delphinidin: 14.38mg Malvidin: 26.68mg, Malvidin: 26.68mg, Malvidin: 26.68mg, Malvidin: 26.68mg Peonidin: 8.01mg, Peonidin: 8.01mg, Peonidin: 8.01mg, Peonidin: 8.01mg Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg

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0.26mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.07mg,
Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin:
0.08mg, Luteolin: 0.08mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg
Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 3.05mg, Quercetin: 3.05mg,
Quercetin: 3.05mg, Quercetin: 3.05mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg,
Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 339.34kcal (16.97%), Fat: 17.79g (27.36%), Saturated Fat: 6.13g (38.33%), Carbohydrates: 42.76g (14.25%),
Net Carbohydrates: 41.04g (14.92%), Sugar: 32.58g (36.2%), Cholesterol: 24.27mg (8.09%), Sodium: 153.28mg
(6.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.53%), Manganese: 0.44mg (21.98%), Vitamin
B2: 0.22mg (12.67%), Selenium: 8.4µg (12%), Phosphorus: 114.27mg (11.43%), Vitamin A: 569.05IU (11.38%), Calcium:
99.99mg (10%), Vitamin B1: 0.15mg (9.69%), Vitamin C: 6.69mg (8.11%), Vitamin K: 8.31µg (7.91%), Fiber: 1.72g
(6.89%), Folate: 24.25µg (6.06%), Copper: 0.11mg (5.45%), Potassium: 188.84mg (5.4%), Magnesium: 19.62mg
(4.91%), Vitamin E: 0.72mg (4.81%), Zinc: 0.7mg (4.65%), Vitamin B5: 0.43mg (4.31%), Iron: 0.72mg (3.99%), Vitamin
B3: 0.8mg (3.98%), Vitamin B6: 0.06mg (3.04%), Vitamin B12: 0.16µg (2.62%)