



Ten-Minute Blackberry Cream Pie

READY IN



48 min.

SERVINGS



8

CALORIES



264 kcal

DESSERT

Ingredients

- 10 ounce blackberries fresh
- 3 tablespoons garnish: blackberry jam
- 5 tablespoons butter melted
- 1.8 cups graham cracker crumbs
- 0.3 cup sugar
- 8 ounce non-dairy whipped topping

Equipment

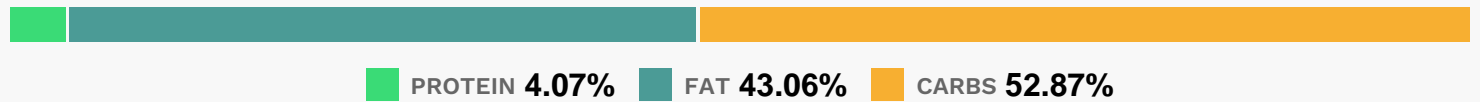
- bowl

oven

Directions

- Put the blackberries in a bowl and mash them with a fork until broken up.
- Add the jam and mix until combined.
- Spoon the blackberry mixture into the crust. Top with the whipped topping and serve.
- Preheat the oven to 350 degrees F.
- In a medium bowl, combine cracker crumbs and sugar.
- Add the butter and stir until combined. Press the crust into the bottom and up the sides of a 9-inch deep-dish pie plate.
- Bake for 7 to 8 minutes. Cool completely before filling.

Nutrition Facts



Properties

Glycemic Index:34.26, Glycemic Load:17.44, Inflammation Score:-4, Nutrition Score:4.7634782324667%

Flavonoids

Cyanidin: 35.42mg, Cyanidin: 35.42mg, Cyanidin: 35.42mg, Cyanidin: 35.42mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 13.13mg, Catechin: 13.13mg, Catechin: 13.13mg, Catechin: 13.13mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 264.3kcal (13.22%), Fat: 12.85g (19.76%), Saturated Fat: 7.99g (49.96%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 32.91g (11.97%), Sugar: 22.53g (25.03%), Cholesterol: 19.38mg (6.46%), Sodium: 200.58mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Manganese: 0.23mg (11.61%), Fiber: 2.59g (10.34%), Vitamin C: 8.1mg (9.82%), Vitamin K: 8.54µg (8.13%), Phosphorus: 69.42mg (6.94%), Vitamin A: 315.48IU (6.31%), Iron: 1.05mg (5.83%), Vitamin B2: 0.09mg (5.22%), Vitamin E: 0.77mg (5.12%), Magnesium:

20.39mg (5.1%), Calcium: 48.58mg (4.86%), Folate: 19.25µg (4.81%), Vitamin B3: 0.96mg (4.79%), Zinc: 0.59mg (3.9%), Vitamin B1: 0.06mg (3.75%), Copper: 0.07mg (3.74%), Potassium: 126.56mg (3.62%), Vitamin B6: 0.04mg (1.82%), Selenium: 1.1µg (1.57%), Vitamin B12: 0.07µg (1.19%), Vitamin B5: 0.11mg (1.09%)