



The Best Blueberry Pie Yet!

READY IN



20 min.

SERVINGS



8

CALORIES



293 kcal

DESSERT

Ingredients

- ☐ 2 pounds blueberries fresh washed and carefully inspected for stems etc.
- ☐ 1.5 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 1 cup granulated sugar
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 baked 9 inch pie shell
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water cold
- ☐ 0.8 cup water – microwave is handy hot boiling for this

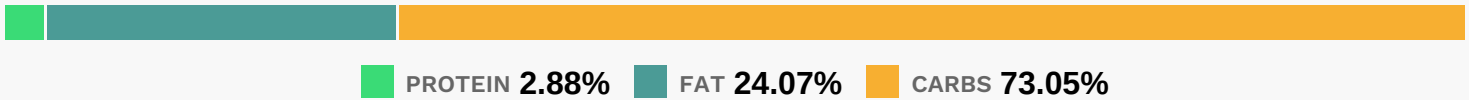
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan, preferably a metal one without a nonstick coating, mix together the cold water and the cornstarch to dissolve the cornstarch.
- ☐ Add the boiling water, sugar and salt. turn heat to medium.
- ☐ Add about 1/2 cup of the blueberries.
- ☐ Mix and stir with a whisk and a scraper, pressing blueberries against the side of the pan and smashing them (and any lumps of cornstarch), until the mixture thickens and goes from cloudy to translucent purple. Once this happens, continue cooking and stirring over a lower heat for about 2 minutes more.
- ☐ Remove from heat and stir in the lemon juice and butter.
- ☐ Let the mixture cool for a few minutes, then scrape the warm blueberry gel into a bowl with the fresh blueberries. Stir to coat the blueberries with the gel mixture, then transfer to the baked pie crust. Chill for about 4 hours.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:22.94, Inflammation Score:-4, Nutrition Score:5.8647825798911%

Flavonoids

Cyanidin: 9.59mg, Cyanidin: 9.59mg, Cyanidin: 9.59mg, Cyanidin: 9.59mg Petunidin: 35.75mg, Petunidin: 35.75mg, Petunidin: 35.75mg, Petunidin: 35.75mg Delphinidin: 40.18mg, Delphinidin: 40.18mg, Delphinidin: 40.18mg, Delphinidin: 40.18mg Malvidin: 76.65mg, Malvidin: 76.65mg, Malvidin: 76.65mg, Malvidin: 76.65mg Peonidin: 23.01mg, Peonidin: 23.01mg, Peonidin: 23.01mg, Peonidin: 23.01mg Catechin: 6mg, Catechin: 6mg, Catechin: 6mg, Catechin: 6mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin:

0.75mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 292.68kcal (14.63%), Fat: 8.13g (12.51%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 55.52g (18.51%), Net Carbohydrates: 52.22g (18.99%), Sugar: 36.32g (40.35%), Cholesterol: 5.64mg (1.88%), Sodium: 179.71mg (7.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Manganese: 0.48mg (23.93%), Vitamin K: 23.62µg (22.5%), Vitamin C: 12.09mg (14.65%), Fiber: 3.3g (13.19%), Vitamin B1: 0.1mg (6.75%), Folate: 22.32µg (5.58%), Vitamin E: 0.81mg (5.39%), Vitamin B3: 1.05mg (5.26%), Vitamin B2: 0.09mg (5.22%), Iron: 0.9mg (5.03%), Copper: 0.09mg (4.48%), Vitamin B6: 0.07mg (3.55%), Potassium: 112.09mg (3.2%), Phosphorus: 30.28mg (3.03%), Magnesium: 10.63mg (2.66%), Vitamin A: 127.21IU (2.54%), Vitamin B5: 0.23mg (2.33%), Selenium: 1.62µg (2.31%), Zinc: 0.29mg (1.93%), Calcium: 12.9mg (1.29%)