



## Three-Berry Pie with Vanilla Cream

 Dairy Free

READY IN



360 min.

SERVINGS



8

CALORIES



279 kcal

DESSERT

### Ingredients

- ☐ 0.8 pound blackberries fresh
- ☐ 0.5 pound blueberries fresh
- ☐ 3 tablespoons cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon granulated sugar
- ☐ 8 servings pastry crust
- ☐ 2 tablespoons cooking tapioca
- ☐ 0.5 pound raspberries fresh

- ☐ 0.3 teaspoon salt
- ☐ 8 servings whipped cream

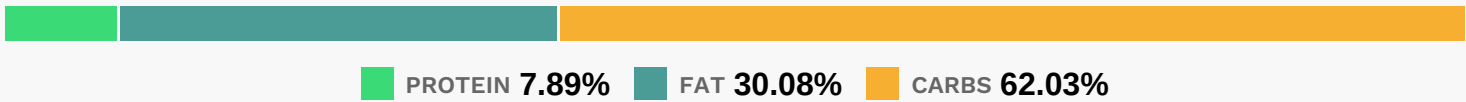
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ rolling pin

## Directions

- ☐ Put a large baking sheet in middle of oven and preheat oven to 450°F.
- ☐ Whisk together granulated sugar, cornstarch, tapioca, and salt, then toss with berries.
- ☐ Roll out 1 piece of dough (keep remaining piece chilled) on a lightly floured surface with a lightly floured rolling pin into a 13-inch round and fit into pie plate. Trim edge, leaving a 1/2-inch overhang. Chill shell while rolling out dough for top crust.
- ☐ Roll out remaining piece of dough on lightly floured surface with floured rolling pin into an 11-inch round.
- ☐ Spoon filling into shell, then cover pie with pastry round and trim with kitchen shears, leaving a 1/2-inch overhang. Press edges together, then crimp edge decoratively.
- ☐ Brush top of pie with egg and sprinkle all over with sanding sugar.
- ☐ Cut 3 steam vents in top crust with a small sharp knife.
- ☐ Bake pie on hot baking sheet in middle of oven 15 minutes, then reduce oven temperature to 375°F and continue to bake until crust is golden brown and filling is bubbling, about 45 minutes more.
- ☐ Cool pie on a rack at least 3 hours before serving to allow juices to thicken slightly (filling will still be juicy).

## Nutrition Facts



## Properties

Glycemic Index:32.51, Glycemic Load:16.16, Inflammation Score:-6, Nutrition Score:10.749565228172%

## Flavonoids

Cyanidin: 57.88mg, Cyanidin: 57.88mg, Cyanidin: 57.88mg, Cyanidin: 57.88mg Petunidin: 9.03mg, Petunidin: 9.03mg, Petunidin: 9.03mg, Petunidin: 9.03mg Delphinidin: 10.42mg, Delphinidin: 10.42mg, Delphinidin: 10.42mg, Delphinidin: 10.42mg Malvidin: 19.2mg, Malvidin: 19.2mg, Malvidin: 19.2mg, Malvidin: 19.2mg Pelargonidin: 0.47mg, Pelargonidin: 0.47mg, Pelargonidin: 0.47mg, Pelargonidin: 0.47mg Peonidin: 5.88mg, Peonidin: 5.88mg, Peonidin: 5.88mg, Peonidin: 5.88mg Catechin: 17.63mg, Catechin: 17.63mg, Catechin: 17.63mg, Catechin: 17.63mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 3.16mg, Epicatechin: 3.16mg, Epicatechin: 3.16mg, Epicatechin: 3.16mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 279.17kcal (13.96%), Fat: 9.49g (14.6%), Saturated Fat: 4.98g (31.1%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 38.38g (13.96%), Sugar: 21.7g (24.11%), Cholesterol: 52.29mg (17.43%), Sodium: 227.39mg (9.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.19%), Manganese: 0.66mg (32.96%), Vitamin C: 19.5mg (23.64%), Fiber: 5.63g (22.51%), Vitamin B2: 0.29mg (16.79%), Vitamin K: 16.79µg (15.99%), Phosphorus: 117.29mg (11.73%), Selenium: 7.88µg (11.26%), Calcium: 111.31mg (11.13%), Vitamin B1: 0.16mg (10.69%), Folate: 41.24µg (10.31%), Vitamin A: 427.28IU (8.55%), Potassium: 287.69mg (8.22%), Vitamin E: 1.18mg (7.9%), Vitamin B5: 0.78mg (7.82%), Copper: 0.15mg (7.62%), Iron: 1.33mg (7.4%), Magnesium: 29.37mg (7.34%), Vitamin B3: 1.42mg (7.09%), Zinc: 1.02mg (6.81%), Vitamin B12: 0.31µg (5.22%), Vitamin B6: 0.09mg (4.55%), Vitamin D: 0.26µg (1.71%)