



Topless Blueberry Pie

READY IN



60 min.

SERVINGS



10

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 4 cups blueberries fresh
- ☐ 1 tablespoon butter
- ☐ 3 tablespoons cornstarch
- ☐ 1 9-inch pie crust ()
- ☐ 1 pinch salt
- ☐ 1 cup water
- ☐ 0.8 cup sugar white

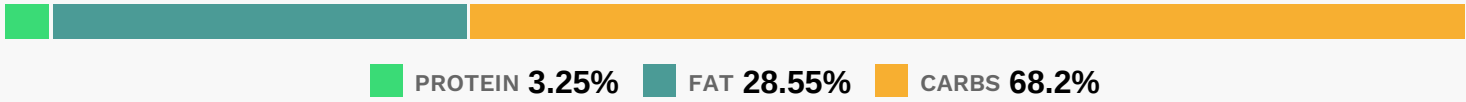
Equipment

☐ sauce pan

Directions

- ☐ In a saucepan, combine sugar, cornstarch and salt. Stir in water and 1 cup of blueberries. Cook and stir over medium heat, until thick, approximately 8 to 10 minutes.
- ☐ Add butter and let cool about 5 minutes. Stir in remaining blueberries.
- ☐ Pour into baked pie shell and cool in the refrigerator for 2 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:13.34, Inflammation Score:-3, Nutrition Score:3.6213043529702%

Flavonoids

Cyanidin: 5.01mg, Cyanidin: 5.01mg, Cyanidin: 5.01mg, Cyanidin: 5.01mg Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg Delphinidin: 20.97mg, Delphinidin: 20.97mg, Delphinidin: 20.97mg, Delphinidin: 20.97mg Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg Peonidin: 12.01mg, Peonidin: 12.01mg, Peonidin: 12.01mg, Peonidin: 12.01mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 202.08kcal (10.1%), Fat: 6.59g (10.14%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 35.44g (11.81%), Net Carbohydrates: 33.5g (12.18%), Sugar: 20.87g (23.19%), Cholesterol: 3.01mg (1%), Sodium: 96.82mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Manganese: 0.29mg (14.46%), Vitamin K: 12.98µg (12.37%), Fiber: 1.94g (7.77%), Vitamin C: 5.74mg (6.96%), Vitamin B1: 0.08mg (5.13%), Folate: 17.59µg (4.4%), Vitamin B3: 0.79mg (3.94%), Iron: 0.7mg (3.92%), Vitamin B2: 0.06mg (3.62%), Vitamin E: 0.46mg (3.08%), Copper: 0.05mg (2.74%), Phosphorus: 22.15mg (2.22%), Vitamin B6: 0.04mg (2.04%), Selenium: 1.37µg (1.96%), Potassium: 65.69mg (1.88%), Magnesium: 6.89mg (1.72%), Vitamin B5: 0.16mg (1.56%), Vitamin A: 67.15IU (1.34%), Zinc: 0.19mg (1.28%)