



Triple Berry Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



494 kcal

DESSERT

Ingredients

- 4.4 oz basket blueberries
- 0.8 cup confectioners' sugar
- 6 ounces cream cheese at room temperature
- 1.5 cups flour all-purpose
- 1.5 cups heavy cream
- 6 oz basket raspberries
- 0.3 teaspoon salt
- 2 cups strawberries hulled cut into quarters (8 oz.)
- 4 tablespoons butter unsalted cold cut into pieces

- 0.5 teaspoon vanilla extract
- 0.3 cup vegetable shortening chilled

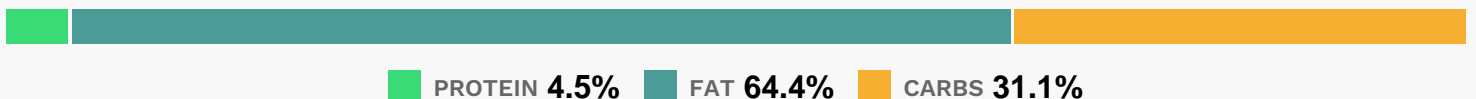
Equipment

- bowl
- oven
- blender
- aluminum foil
- pie form

Directions

- Make crust: Preheat oven to 400F. In a bowl, mix flour and salt. With a pastry blender or two knives, cut in butter and shortening until crumbly.
- Sprinkle with 3 Tbsp. ice water; mix with a fork just until dough forms a ball (add water if needed). Form into a disk, wrap in plastic and chill for 30 minutes. On a floured surface, roll out into an 11-inch round. Fit into a 9-inch pie pan and crimp edge. Refrigerate for 10 minutes.
- Line crust with foil and fill with pie weights.
- Bake for 6 minutes, remove foil and bake until lightly golden, 10 to 12 minutes.
- Let cool.
- Make filling: In a bowl, beat cream cheese and sugar with a mixer on high speed. Beat in cream and vanilla, scraping down sides of bowl, until fluffy and well-mixed. In another bowl, gently mix berries.
- Spoon two-thirds of cream mixture into crust; smooth top. Spoon two-thirds of berries over cream. Mound remaining cream in center and top with remaining berries. Chill for 1 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:15.13, Inflammation Score:-7, Nutrition Score:10.73478254028%

Flavonoids

Cyanidin: 11.66mg, Cyanidin: 11.66mg, Cyanidin: 11.66mg, Cyanidin: 11.66mg Petunidin: 5.02mg, Petunidin: 5.02mg, Petunidin: 5.02mg, Petunidin: 5.02mg Delphinidin: 5.92mg, Delphinidin: 5.92mg, Delphinidin: 5.92mg, Delphinidin: 5.92mg Malvidin: 10.57mg, Malvidin: 10.57mg, Malvidin: 10.57mg, Malvidin: 10.57mg Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Peonidin: 3.21mg, Peonidin: 3.21mg, Peonidin: 3.21mg, Peonidin: 3.21mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 494.22kcal (24.71%), Fat: 36.04g (55.44%), Saturated Fat: 19.81g (123.79%), Carbohydrates: 39.15g (13.05%), Net Carbohydrates: 36.04g (13.1%), Sugar: 17.46g (19.4%), Cholesterol: 86.95mg (28.98%), Sodium: 153.95mg (6.69%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 5.67g (11.33%), Vitamin C: 28.52mg (34.57%), Manganese: 0.5mg (24.9%), Vitamin A: 1136.22IU (22.72%), Selenium: 11.45µg (16.36%), Vitamin B2: 0.28mg (16.22%), Folate: 60.84µg (15.21%), Vitamin B1: 0.22mg (14.71%), Fiber: 3.11g (12.44%), Vitamin K: 11.3µg (10.76%), Vitamin E: 1.54mg (10.27%), Phosphorus: 92.32mg (9.23%), Vitamin B3: 1.77mg (8.83%), Iron: 1.51mg (8.37%), Calcium: 67.53mg (6.75%), Potassium: 197.02mg (5.63%), Vitamin D: 0.82µg (5.46%), Vitamin B5: 0.52mg (5.23%), Magnesium: 20.66mg (5.16%), Copper: 0.09mg (4.5%), Vitamin B6: 0.07mg (3.74%), Zinc: 0.55mg (3.67%), Vitamin B12: 0.13µg (2.17%)