



Triple Berry Pie

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



319 kcal

DESSERT

Ingredients

- 1 cup blueberries
- 1 Tbsp butter
- 0.3 cup minute tapioca
- 15 oz ready-to-use pie crusts refrigerated (2 crusts)
- 1 cup raspberries
- 2 cups strawberries halved
- 1 cup sugar

Equipment

bowl

oven

Directions

Mix berries, sugar and tapioca in large bowl.

Let stand 15 minutes.

Preheat oven to 400F. Prepare pie crust as directed on package for 2-crust pie, using 9-inch pie plate. Fill with fruit mixture. Dot with butter. Cover with second pie crust. Seal and flute edge.

Cut several slits in top crust to permit steam to escape.

Bake 45 to 50 minutes or until juices form bubbles that burst slowly. Cool.

Nutrition Facts



Properties

Glycemic Index:17.61, Glycemic Load:15.5, Inflammation Score:-3, Nutrition Score:5.9408695757713%

Flavonoids

Cyanidin: 7.23mg, Cyanidin: 7.23mg, Cyanidin: 7.23mg, Cyanidin: 7.23mg Petunidin: 4.74mg, Petunidin: 4.74mg, Petunidin: 4.74mg, Petunidin: 4.74mg Delphinidin: 5.49mg, Delphinidin: 5.49mg, Delphinidin: 5.49mg, Delphinidin: 5.49mg Malvidin: 10.02mg, Malvidin: 10.02mg, Malvidin: 10.02mg, Malvidin: 10.02mg Pelargonidin: 7.27mg, Pelargonidin: 7.27mg, Pelargonidin: 7.27mg Peonidin: 3.03mg, Peonidin: 3.03mg, Peonidin: 3.03mg, Peonidin: 3.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 318.63kcal (15.93%), Fat: 12.49g (19.22%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 49.73g (16.58%), Net Carbohydrates: 46.95g (17.07%), Sugar: 23.37g (25.97%), Cholesterol: 0mg (0%), Sodium: 187.88mg (8.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin C: 21.52mg (26.08%), Manganese: 0.43mg (21.5%), Fiber: 2.77g (11.1%), Folate: 40.1µg (10.03%), Vitamin B1: 0.13mg (8.89%), Iron: 1.36mg (7.54%), Vitamin K: 7.53µg (7.17%), Vitamin B3: 1.39mg (6.97%), Vitamin B2: 0.09mg (5.5%), Phosphorus: 43.11mg (4.31%), Selenium: 2.7µg (3.85%), Magnesium: 13.69mg (3.42%), Vitamin E: 0.51mg (3.41%), Copper: 0.07mg (3.32%), Potassium: 115.82mg (3.31%), Vitamin B5: 0.27mg (2.67%), Vitamin B6: 0.05mg (2.46%), Zinc: 0.31mg (2.05%), Calcium: 17.2mg (1.72%), Vitamin A: 65.91IU (1.32%)