



True Blue Custard Crunch Pie

READY IN



55 min.

SERVINGS



8

CALORIES



374 kcal

DESSERT

Ingredients

- 2.5 cups blueberries fresh
- 3 tablespoons butter chilled cut into small pieces
- 1 eggs
- 3 tablespoons flour all-purpose
- 4 tablespoons pecans chopped
- 0.3 teaspoon salt
- 8 ounces cup heavy whipping cream sour
- 0.8 cup sugar
- 19-inch unbaked pie crust ()

- 2 teaspoons vanilla extract
- 2 tablespoons sugar white

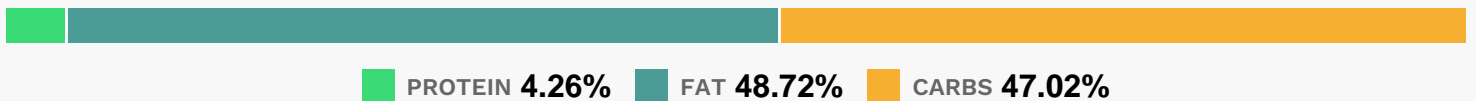
Equipment

- bowl
- oven
- mixing bowl

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Beat together sour cream, 3/4 cup sugar, egg, 2 tablespoons flour, vanilla extract and salt in a mixing bowl until smooth. Gently fold the blueberries into the sour cream mixture. Spoon the filling into the unbaked pie crust.
- Bake in the preheated oven for 25 minutes.
- While the filling is baking, prepare the streusel crunch topping: In a medium bowl combine 3 tablespoons flour and 2 tablespoons sugar.
- Cut the cold butter into the flour mixture until crumbly. Fold in the chopped pecans. After the filling has baked 25 minutes, sprinkle the streusel crunch topping over the top of the pie.
- Bake until the topping is golden brown, about 15 additional minutes.

Nutrition Facts



Properties

Glycemic Index:39.4, Glycemic Load:19, Inflammation Score:-4, Nutrition Score:6.5904347689255%

Flavonoids

Cyanidin: 4.45mg, Cyanidin: 4.45mg, Cyanidin: 4.45mg, Cyanidin: 4.45mg Petunidin: 14.58mg, Petunidin: 14.58mg, Petunidin: 14.58mg, Petunidin: 14.58mg Delphinidin: 16.75mg, Delphinidin: 16.75mg, Delphinidin: 16.75mg, Delphinidin: 16.75mg Malvidin: 31.26mg, Malvidin: 31.26mg, Malvidin: 31.26mg, Malvidin: 31.26mg Peonidin: 9.38mg, Peonidin: 9.38mg, Peonidin: 9.38mg, Peonidin: 9.38mg Catechin: 2.81mg, Catechin: 2.81mg, Catechin: 2.81mg, Catechin: 2.81mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-

gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 373.66kcal (18.68%), Fat: 20.65g (31.77%), Saturated Fat: 8.1g (50.63%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 42.56g (15.48%), Sugar: 27.64g (30.71%), Cholesterol: 48.47mg (16.16%), Sodium: 226.1mg (9.83%), Alcohol: 0.34g (100%), Alcohol %: 0.31% (100%), Protein: 4.06g (8.12%), Manganese: 0.52mg (25.9%), Vitamin K: 11.74µg (11.18%), Vitamin B1: 0.15mg (9.95%), Vitamin B2: 0.16mg (9.5%), Fiber: 2.29g (9.16%), Selenium: 5.54µg (7.91%), Folate: 30.97µg (7.74%), Phosphorus: 74.19mg (7.42%), Vitamin A: 365.54IU (7.31%), Iron: 1.17mg (6.48%), Copper: 0.12mg (6.03%), Vitamin C: 4.8mg (5.81%), Vitamin B3: 1.13mg (5.65%), Vitamin E: 0.74mg (4.92%), Calcium: 44.79mg (4.48%), Magnesium: 16.92mg (4.23%), Zinc: 0.61mg (4.04%), Vitamin B5: 0.4mg (4%), Potassium: 129.59mg (3.7%), Vitamin B6: 0.07mg (3.48%), Vitamin B12: 0.12µg (1.96%)