



Wheat and Dairy-Free Blackberry Pie



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 4 cups blackberries
- ☐ 0.3 cup ice water
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 cup butter divided melted
- ☐ 0.3 cup potato flour
- ☐ 1 pinch salt
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ rolling pin
- ☐ pie form

Directions

- ☐ Beat 1/2 cup margarine, 1 1/2 cups potato flour, ice water, and salt together in a bowl with an electric mixer until mixture is large crumbs. Form into a ball of dough; chill in refrigerator for 1 hour.
- ☐ Stir blackberries, sugar, 1/3 cup potato flour, and lime juice together in a bowl.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Separate dough into two equal halves.
- ☐ Roll each half with a rolling pin to 12 inches in diameter. Press one crust in a 9-inch pie pan. Scoop blackberry filling into the prepared pan.
- ☐ Drizzle 3 tablespoons margarine over blackberry filling.
- ☐ Lightly press the other pie crust on top of the blackberry filling and seal the edges to the bottom layer's edges.
- ☐ Brush top crust with remaining 1 tablespoon melted margarine.
- ☐ Cut 2 or 3 slits in the top crust to allow steam to escape during baking.
- ☐ Bake pie in the preheated oven until crust is golden brown and blackberries are bubbling, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:11.89, Glycemic Load:18.23, Inflammation Score:-5, Nutrition Score:6.0221738760238%

Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 202.95kcal (10.15%), Fat: 6.17g (9.49%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 33.51g (12.19%), Sugar: 28.76g (31.96%), Cholesterol: 0mg (0%), Sodium: 76.82mg (3.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Manganese: 0.49mg (24.38%), Vitamin C: 16.51mg (20.02%), Fiber: 4.22g (16.9%), Vitamin K: 14.28µg (13.6%), Vitamin A: 409.7IU (8.19%), Vitamin E: 1.09mg (7.25%), Copper: 0.14mg (6.79%), Potassium: 191.24mg (5.46%), Folate: 20.11µg (5.03%), Magnesium: 19.32mg (4.83%), Vitamin B6: 0.07mg (3.75%), Vitamin B3: 0.71mg (3.53%), Iron: 0.55mg (3.08%), Phosphorus: 29.2mg (2.92%), Zinc: 0.42mg (2.83%), Calcium: 28.34mg (2.83%), Vitamin B5: 0.24mg (2.41%), Vitamin B1: 0.03mg (2.08%), Vitamin B2: 0.03mg (1.77%)