



Wild Blueberry Pie with Almond Crumble Topping

READY IN



45 min.

SERVINGS



8

CALORIES



452 kcal

DESSERT

Ingredients

- 0.8 cup almond paste loosely packed
- 32 ounces blueberries wild fresh
- 0.3 cup cornstarch
- 8 servings whipped cream
- 2 tablespoons juice of lemon fresh
- 1 pie crust dough
- 0.5 teaspoon salt
- 0.8 cup sugar ()

- 0.7 cup unbleached all purpose flour
- 0.3 cup butter unsalted chilled cut into 1/2-inch cubes ()

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- pie form

Directions

- Roll out pie crust disk on floured surface to 12-inch round.
- Transfer to 9-inch-diameter glass pie dish. Turn crust edges under and crimp decoratively, forming crust edge 1/4 inch above sides of pie dish. Refrigerate while preparing filling and topping.
- Whisk 3/4 cup plus 2 tablespoons sugar and cornstarch in heavy large saucepan to blend. Stir in blueberries and lemon juice. Cook over medium heat until mixture bubbles and thickens, frequently stirring gently, about 13 minutes. Chill filling until cool, about 1 hour. If more sweetness is desired, stir in sugar by tablespoonfuls.
- Combine first 4 ingredients in processor; blend until mixture begins to clump together.
- Transfer to bowl; chill 30 minutes. Position rack in bottom third of oven and preheat to 400°F.
- Spread blueberry filling evenly in unbaked crust.
- Sprinkle topping evenly over.
- Place pie on rimmed baking sheet and bake until crust and topping are golden and filling bubbles thickly, about 50 minutes.
- Transfer pie to rack and cool completely. DO AHEAD Can be made 8 hours ahead.
- Let stand at room temperature.
- Serve pie with whipped cream or ice cream.

Nutrition Facts

PROTEIN 4.65% FAT 36.81% CARBS 58.54%

Properties

Glycemic Index:20.64, Glycemic Load:18.99, Inflammation Score:-6, Nutrition Score:10.856956559679%

Flavonoids

Cyanidin: 9.59mg, Cyanidin: 9.59mg, Cyanidin: 9.59mg, Cyanidin: 9.59mg Petunidin: 35.75mg, Petunidin: 35.75mg, Petunidin: 35.75mg, Petunidin: 35.75mg Delphinidin: 40.18mg, Delphinidin: 40.18mg, Delphinidin: 40.18mg, Delphinidin: 40.18mg Malvidin: 76.65mg, Malvidin: 76.65mg, Malvidin: 76.65mg, Malvidin: 76.65mg Peonidin: 23.01mg, Peonidin: 23.01mg, Peonidin: 23.01mg, Peonidin: 23.01mg Catechin: 6mg, Catechin: 6mg, Catechin: 6mg, Catechin: 6mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 451.67kcal (22.58%), Fat: 19.07g (29.34%), Saturated Fat: 6.82g (42.61%), Carbohydrates: 68.23g (22.74%), Net Carbohydrates: 63.63g (23.14%), Sugar: 38.32g (42.58%), Cholesterol: 19.81mg (6.6%), Sodium: 237.36mg (10.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.83%), Manganese: 0.73mg (36.61%), Vitamin E: 3.85mg (25.66%), Vitamin K: 24.08µg (22.93%), Fiber: 4.6g (18.41%), Vitamin C: 12.47mg (15.12%), Folate: 57.42µg (14.35%), Vitamin B2: 0.23mg (13.68%), Vitamin B1: 0.2mg (13.54%), Phosphorus: 102.93mg (10.29%), Magnesium: 41.1mg (10.27%), Copper: 0.2mg (9.9%), Vitamin B3: 1.98mg (9.88%), Iron: 1.73mg (9.61%), Selenium: 6.13µg (8.76%), Calcium: 57.35mg (5.74%), Potassium: 200.81mg (5.74%), Vitamin A: 280.25IU (5.61%), Zinc: 0.7mg (4.67%), Vitamin B6: 0.09mg (4.31%), Vitamin B5: 0.33mg (3.27%)