



Wrapped-Up Apple-Blackberry Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 8 ounces blackberries
- ☐ 1 tablespoon garnish: blackberry jam seedless
- ☐ 1 tablespoon cornstarch
- ☐ 1 large egg white beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 pound granny smith apples
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar

☐ 7 tablespoons butter unsalted cold cut into 10 pieces

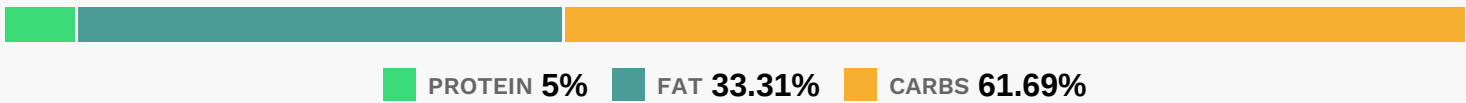
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Make crust: In a bowl mix flour and salt. Using a pastry blender or two knives, cut in butter until mixture is crumbly.
- ☐ Add 1/4 cup ice water; stir just until dough comes together, adding more water if needed. Gather dough into a disc, wrap in plastic wrap and chill at least 30 minutes.
- ☐ Make filling: Peel, core and thinly slice apples. Toss with blackberries, 1/2 cup sugar and cornstarch.
- ☐ Place a rack in center of oven; preheat oven to 400F.
- ☐ Remove dough from refrigerator and let soften.
- ☐ Roll out to a 14-inch circle; transfer to a parchment-lined baking sheet.
- ☐ Spread jam in a 10-inch circle on dough. Pile fruit over jam. Using your hands, carefully bring crust edges over fruit, folding where needed (pastry will not cover fruit).
- ☐ Brush crust with egg white; sprinkle with remaining 1 Tbsp. sugar.
- ☐ Bake until fruit is bubbling and crust is golden, 35 to 40 minutes.
- ☐ Let cool for at least 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.14, Glycemic Load:24.97, Inflammation Score:-5, Nutrition Score:6.7730434472146%

Flavonoids

Cyanidin: 29.23mg, Cyanidin: 29.23mg, Cyanidin: 29.23mg, Cyanidin: 29.23mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 11.24mg, Catechin: 11.24mg, Catechin: 11.24mg, Catechin: 11.24mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.59mg, Epicatechin: 5.59mg, Epicatechin: 5.59mg, Epicatechin: 5.59mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 275.85kcal (13.79%), Fat: 10.45g (16.08%), Saturated Fat: 6.35g (39.68%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 40.02g (14.55%), Sugar: 21.07g (23.41%), Cholesterol: 26.34mg (8.78%), Sodium: 155.87mg (6.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Manganese: 0.37mg (18.31%), Fiber: 3.53g (14.13%), Vitamin B1: 0.2mg (13.36%), Folate: 52.49µg (13.12%), Selenium: 9.16µg (13.09%), Vitamin C: 8.78mg (10.64%), Vitamin B2: 0.16mg (9.67%), Vitamin B3: 1.63mg (8.14%), Vitamin A: 397.41IU (7.95%), Iron: 1.36mg (7.56%), Vitamin K: 7.79µg (7.42%), Copper: 0.1mg (5.14%), Vitamin E: 0.74mg (4.9%), Phosphorus: 41.95mg (4.2%), Potassium: 143.57mg (4.1%), Magnesium: 14.49mg (3.62%), Vitamin B5: 0.24mg (2.37%), Zinc: 0.35mg (2.35%), Vitamin B6: 0.04mg (2.16%), Calcium: 19.1mg (1.91%), Vitamin D: 0.18µg (1.23%)