

Rustic Blackberry Pie

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Servings: 8

*1 nine-inch uncooked pastry crust
(either a refrigerated boxed crust OR
homemade see recipe Pie Pastry in
Desserts/Pies)
5 cups blackberries
2/3 cup + 2 tablespoons sugar,
divided
3 tablespoons cornstarch
3 tablespoons boysenberry (or other
berry) jam, whisked to thin*

Preheat the oven to 375 degrees.

Place the pastry in a pie or tart pan with the dough overhanging.

In a large bowl, combine the berries, two-thirds cup of sugar, cornstarch and jam. Mix gently and spoon into the pastry. Fold the pastry edges over the fruit. Brush the pastry with water and sprinkle with the remaining two tablespoons of sugar.

Bake for 45 to 50 minutes until the crust is golden brown and the juices are bubbling.

Let cool completely on a wire rack.

Per Serving (excluding unknown items): 122 Calories; trace Fat (2.5% calories from fat); 1g Protein; 31g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	122	Vitamin B6 (mg):	trace
% Calories from Fat:	2.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	31mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	31g
Dietary Fiber (g):	5g
Protein (g):	1g
Sodium (mg):	trace
Potassium (mg):	177mg
Calcium (mg):	29mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	19mg
Vitamin A (i.u.):	149IU
Vitamin A (r.e.):	14 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 122 **Calories from Fat:** 3

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	31g	10%
Dietary Fiber	5g	19%
Protein	1g	

Vitamin A	3%
Vitamin C	32%
Calcium	3%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.