

# Blackberry-Apple Pie

*Doris F. Davis, Narrows, VA  
Southern Living - 1987 Annual Recipes*

## **Yield: 1 nine-inch pie**

*pastry for a double-crust pie  
3 cups fresh blackberries  
1 cup apples, peeled and thinly sliced  
1 cup sugar  
3 tablespoons quick-cooking tapioca  
1/2 teaspoon ground cinnamon  
2 tablespoons butter or margarine*

Preheat the oven to 350 degrees.

Roll half of the pastry to 1/8-inch thickness and fit into a nine-inch pieplate.

In a bowl, combine the apples slices and blackberries. Place in the pastry shell.

In a bowl, combine the sugar, tapioca and cinnamon. Stir well. Sprinkle the sugar mixture over the blackberries. Dot with butter.

Roll out the remaining pastry to 1/8-inch thickness. Place over the filling. Trim the pastry. Seal and flute the edges. Cut slits in the top for steam to escape.

Bake for one hour or until golden brown.

Cool before serving.

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Per Serving (excluding unknown items): 1045 Calories; 23g Fat (19.5% calories from fat); trace Protein; 218g Carbohydrate; 4g Dietary Fiber; 62mg Cholesterol; 236mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 4 1/2 Fat; 13 1/2 Other Carbohydrates.

Desserts

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1045	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	19.5%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	80.4%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	0.2%	<b>Riboflavin B2 (mg):</b>	trace

**Total Fat (g):** 23g  
**Saturated Fat (g):** 14g  
**Monounsaturated Fat (g):** 7g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 62mg  
**Carbohydrate (g):** 218g  
**Dietary Fiber (g):** 4g  
**Protein (g):** trace  
**Sodium (mg):** 236mg  
**Potassium (mg):** 144mg  
**Calcium (mg):** 30mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 7mg  
**Vitamin A (i.u.):** 928IU  
**Vitamin A (r.e.):** 220 1/2RE

**Folacin (mcg):** 4mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 1  
**Non-Fat Milk:** 0  
**Fat:** 4 1/2  
**Other Carbohydrates:** 13 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 1045                      **Calories from Fat:** 203

### % Daily Values\*

<b>Total Fat</b>	23g	36%
Saturated Fat	14g	72%
<b>Cholesterol</b>	62mg	21%
<b>Sodium</b>	236mg	10%
<b>Total Carbohydrates</b>	218g	73%
Dietary Fiber	4g	14%
<b>Protein</b>	trace	
<b>Vitamin A</b>		19%
<b>Vitamin C</b>		11%
<b>Calcium</b>		3%
<b>Iron</b>		4%

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