

# Blueberry Apple Crumb Pie

*Green Mountain Inn - Stow, VT*

*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 6

*3 cups wild Maine blueberries*  
*3 Granny Smith apples, peeled and sliced*  
*2/3 cup sugar*  
*2 tablespoons flour*  
*2 tablespoons cornstarch*  
*1 tablespoon fresh lemon juice*  
*1/2 teaspoon ground cinnamon*  
*dash ground nutmeg*  
*1 nine-inch unbaked pie shell (brushed with egg wash)*  
CRUMB TOPPING  
*1 1/8 cups sugar*  
*1 cup flour*  
*1/3 cup ground walnuts*  
*1/2 cup butter, softened*

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Preheat the oven to 400 degrees.

In a bowl, thoroughly mix the blueberries, apples, sugar, flour, cornstarch, lemon juice, cinnamon and nutmeg. Pour into the pie shell.

In a bowl, mix the ingredients for the topping with the fingertips to a coarse meal. Cover the pie with the topping.

Bake for 15 minutes. Lower the oven temperature to 350 degrees.

Bake for 30 to 40 minutes longer.

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Per Serving (excluding unknown items): 519 Calories; 18g Fat (30.6% calories from fat); 4g Protein; 88g Carbohydrate; 2g Dietary Fiber; 41mg Cholesterol; 159mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 3 1/2 Fat; 4 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	519	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	30.6%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	66.5%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	2.9%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	18g	<b>Folacin (mcg):</b>	11mcg
	10g	<b>Niacin (mg):</b>	1mg

**Saturated Fat (g):**  
**Monounsaturated Fat (g):** 5g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 41mg  
**Carbohydrate (g):** 88g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 4g  
**Sodium (mg):** 159mg  
**Potassium (mg):** 141mg  
**Calcium (mg):** 17mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 622IU  
**Vitamin A (r.e.):** 147 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

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### Food Exchanges

**Grain (Starch):** 1 1/2  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 3 1/2  
**Other Carbohydrates:** 4

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### Nutrition Facts

Servings per Recipe: 6

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#### Amount Per Serving

**Calories** 519 **Calories from Fat:** 159

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#### % Daily Values\*

<b>Total Fat</b>	18g	28%
	Saturated Fat 10g	49%
<b>Cholesterol</b>	41mg	14%
<b>Sodium</b>	159mg	7%
<b>Total Carbohydrates</b>	88g	29%
	Dietary Fiber 2g	9%
<b>Protein</b>	4g	
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<b>Vitamin A</b>		12%
<b>Vitamin C</b>		7%
<b>Calcium</b>		2%
<b>Iron</b>		8%

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