

# Huckleberry Pie

Hill's - Priest Lake, ID

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

## Servings: 6

1 nine-inch baked pie shell  
4 cups huckleberries, washed and drained  
3/4 cup water  
3 tablespoons cornstarch  
1 cup sugar  
fresh lemon juice  
whipped cream or ice cream

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In a saucepan, simmer one cup of the berries with the water for 3 to 4 minutes.

In a bowl, combine the cornstarch and sugar. Add to the cooking fruit. Simmer slowly until the syrup is thick and ruby red, stirring consistently.

When thickened, add the lemon juice (one teaspoon to one tablespoon, depending on the sweetness of the huckleberries). Cool slightly.

Line the baked pie shell with three cups of fresh huckleberries. Pour the slightly cooled glaze over the raw berries. Mix very gently with a fork to coat the fresh berries.

Chill thoroughly.

Serve with whipped cream or ice cream.

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Per Serving (excluding unknown items): 144 Calories; trace Fat (0.0% calories from fat); trace Protein; 37g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

|                                |        |                     |       |
|--------------------------------|--------|---------------------|-------|
| Calories (kcal):               | 144    | Vitamin B6 (mg):    | 0mg   |
| % Calories from Fat:           | 0.0%   | Vitamin B12 (mcg):  | 0mcg  |
| % Calories from Carbohydrates: | 100.0% | Thiamin B1 (mg):    | 0mg   |
| % Calories from Protein:       | 0.0%   | Riboflavin B2 (mg): | trace |
| Total Fat (g):                 | trace  | Folacin (mcg):      | 0mcg  |

**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 37g  
**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** 2mg  
**Potassium (mg):** 1mg  
**Calcium (mg):** 1mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Niacin (mg):** 0mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 00%

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### Food Exchanges

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

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### Nutrition Facts

Servings per Recipe: 6

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#### Amount Per Serving

**Calories** 144 **Calories from Fat:** 0

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#### % Daily Values\*

|                            |                     |     |
|----------------------------|---------------------|-----|
| <b>Total Fat</b>           | trace               | 0%  |
|                            | Saturated Fat trace | 0%  |
| <b>Cholesterol</b>         | 0mg                 | 0%  |
| <b>Sodium</b>              | 2mg                 | 0%  |
| <b>Total Carbohydrates</b> | 37g                 | 12% |
|                            | Dietary Fiber trace | 0%  |
| <b>Protein</b>             | trace               |     |
| <hr/>                      |                     |     |
| <b>Vitamin A</b>           |                     | 0%  |
| <b>Vitamin C</b>           |                     | 0%  |
| <b>Calcium</b>             |                     | 0%  |
| <b>Iron</b>                |                     | 0%  |

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