



Almond-Pear Pie

 Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



450 kcal

DESSERT

Ingredients

- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)
- ☐ 8 oz chocolate icing canned (7 oz)
- ☐ 5 cups pears firm ripe peeled (but) (4 pears)
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.3 teaspoons apple pie spice
- ☐ 1 tablespoon juice of lemon
- ☐ 1 eggs beaten

- ☐ 0.3 cup almonds sliced
- ☐ 1 teaspoon sugar

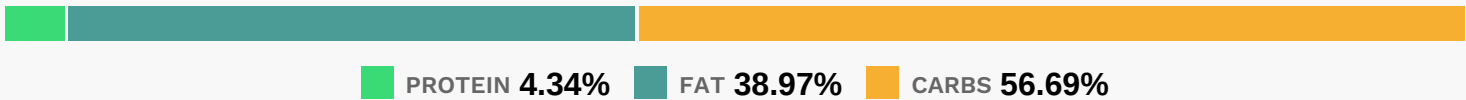
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Make pie crusts as directed on box for Two-Crust Pie, using 9-inch glass pie plate. Shape almond paste into a disk. On lightly floured surface, roll or pat into 8-inch circle.
- ☐ Place in bottom of pie crust.
- ☐ In large bowl, mix pears, 2 tablespoons sugar, the flour, apple pie spice and lemon juice; mix well. Spoon over almond paste in crust.
- ☐ Place top crust over pears. Seal edges and flute.
- ☐ Cut slits in crust to vent steam.
- ☐ Brush top crust with egg.
- ☐ Sprinkle with almonds and 1 teaspoon sugar.
- ☐ Bake 55 to 65 minutes or until pears are tender and crust is deep golden brown. Cool at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:38.12, Glycemic Load:16.26, Inflammation Score:-3, Nutrition Score:7.815217440543%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 3.8mg, Epicatechin: 3.8mg, Epicatechin: 3.8mg, Epicatechin: 3.8mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-

gallate: 0.02mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 450.49kcal (22.52%), Fat: 19.79g (30.45%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 64.76g (21.59%), Net Carbohydrates: 59.93g (21.79%), Sugar: 31.41g (34.9%), Cholesterol: 20.46mg (6.82%), Sodium: 265.62mg (11.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Manganese: 0.4mg (19.95%), Fiber: 4.83g (19.32%), Vitamin B2: 0.27mg (15.6%), Folate: 52.02µg (13%), Vitamin B1: 0.18mg (11.73%), Vitamin K: 11.87µg (11.31%), Vitamin E: 1.59mg (10.59%), Iron: 1.88mg (10.45%), Vitamin B3: 1.8mg (9.01%), Phosphorus: 80.42mg (8.04%), Copper: 0.16mg (7.92%), Selenium: 5.47µg (7.82%), Vitamin C: 5.13mg (6.21%), Magnesium: 24.19mg (6.05%), Potassium: 209.57mg (5.99%), Vitamin B5: 0.38mg (3.76%), Vitamin B6: 0.07mg (3.52%), Zinc: 0.53mg (3.52%), Calcium: 32.77mg (3.28%), Vitamin A: 56.31IU (1.13%)