



Almond, Plum and Peach Pie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 cups peaches frozen thawed peeled sliced (7 medium)
- ☐ 2 almonds all-purpose (one rolled out in a pie pan, one still a dough round)
- ☐ 2 cups plums unpeeled sliced (3 medium)
- ☐ 2 teaspoons sugar raw

- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons butter unsalted

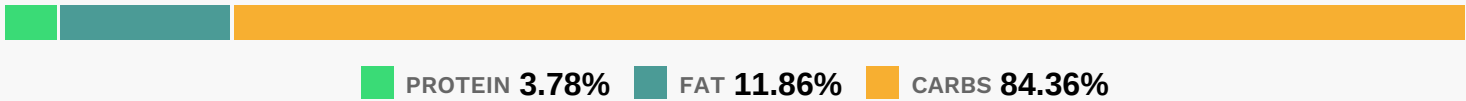
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Heat oven to 350°F. In a bowl, toss peaches and plums with granulated sugar, cornstarch, juice, cinnamon and salt; add to pie pan with crust; dot with butter.
- ☐ Roll out round of dough; cut into 3/4-inch-wide strips. Carefully weave strips over filling, forming a lattice. Trim overhanging dough to 1 inch; roll overhang back on itself, pinching at 1/2-inch intervals, to form a crimped edge.
- ☐ Sprinkle raw sugar over pie.
- ☐ Bake until fruit bubbles and crust is golden, 65 minutes.
- ☐ Let cool.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:10.08, Inflammation Score:-4, Nutrition Score:3.3265216962799%

Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 4.98mg, Catechin: 4.98mg, Catechin: 4.98mg, Catechin: 4.98mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg,

Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 106.55kcal (5.33%), Fat: 1.5g (2.31%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 22.16g (8.06%), Sugar: 19.97g (22.19%), Cholesterol: 2.69mg (0.9%), Sodium: 83.16mg (3.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Vitamin C: 8.53mg (10.34%), Vitamin A: 425.17IU (8.5%), Fiber: 1.86g (7.44%), Vitamin E: 0.77mg (5.14%), Manganese: 0.1mg (4.93%), Vitamin K: 5.08µg (4.83%), Potassium: 165.77mg (4.74%), Copper: 0.09mg (4.46%), Vitamin B3: 0.81mg (4.04%), Phosphorus: 25.69mg (2.57%), Magnesium: 10.13mg (2.53%), Selenium: 1.75µg (2.51%), Vitamin B2: 0.04mg (2.36%), Vitamin B1: 0.03mg (2.1%), Iron: 0.37mg (2.07%), Folate: 7.59µg (1.9%), Vitamin B5: 0.18mg (1.81%), Vitamin B6: 0.03mg (1.68%), Zinc: 0.23mg (1.56%)