



## Apricot Almond Pie

 Vegetarian

READY IN



150 min.

SERVINGS



8

CALORIES



396 kcal

DESSERT

### Ingredients

- 1 teaspoon almond extract
- 0.3 cup almonds
- 5 cups apricots diced
- 1 cup blanched almonds and
- 1.5 tablespoons cornstarch
- 7 ounces t brown sugar dark
- 2.5 ounces flour all-purpose
- 4 tablespoons butter unsalted melted ()

- 5 tablespoons water
- 3.5 ounces granulated sugar white

## Equipment

- food processor
- bowl
- oven
- blender
- plastic wrap
- spatula

## Directions

- For the Crust: Adjust oven rack to center position and preheat oven to 350°F. Using a food processor, pulse together flour, almonds, butter, almond extract, and sugar until a coarse meal forms.
- Add in tablespoons of ice water one at a time until the dough pulls away from the sides of the mixer and easily forms a ball. Shape into a 1/4-inch disc, cover in plastic wrap and refrigerate for 1 hour.
- Roll out dough onto lightly floured surface and press into pie plate. Parbake until a light golden brown color, about 20 minutes.
- To Assemble: Line bottom of parbaked pie crust with thin layer of almonds. In a medium bowl, combine apricots, sugar, and cornstarch with a spatula. Scrape filling into pie crust. In a small bowl, combine butter, sugar, flour, and almonds, allowing to cool until topping has solidified. Crumble topping over filling, leaving 1-inch border around the edges.
- Bake until topping is golden brown and filling is bubbling, about 1 hour. Allow to cool slightly and serve.

## Nutrition Facts



## Properties

Glycemic Index:24.59, Glycemic Load:17.26, Inflammation Score:-9, Nutrition Score:12.111304413365%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.62mg, Epicatechin: 4.62mg, Epicatechin: 4.62mg, Epicatechin: 4.62mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

## Nutrients (% of daily need)

Calories: 396.17kcal (19.81%), Fat: 16.62g (25.57%), Saturated Fat: 4.42g (27.65%), Carbohydrates: 59.52g (19.84%), Net Carbohydrates: 55.22g (20.08%), Sugar: 46.4g (51.56%), Cholesterol: 15.05mg (5.02%), Sodium: 12.65mg (0.55%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 6.66g (13.31%), Vitamin A: 2041.88IU (40.84%), Vitamin E: 5.88mg (39.23%), Manganese: 0.54mg (27.12%), Fiber: 4.3g (17.18%), Magnesium: 68.15mg (17.04%), Copper: 0.31mg (15.55%), Vitamin B2: 0.25mg (14.69%), Phosphorus: 131.4mg (13.14%), Potassium: 431.82mg (12.34%), Vitamin C: 9.69mg (11.74%), Vitamin B3: 1.85mg (9.23%), Iron: 1.66mg (9.21%), Vitamin B1: 0.14mg (9.2%), Folate: 35.01µg (8.75%), Calcium: 85.58mg (8.56%), Selenium: 4.27µg (6.1%), Zinc: 0.88mg (5.84%), Vitamin B6: 0.09mg (4.54%), Vitamin B5: 0.38mg (3.82%), Vitamin K: 3.71µg (3.54%)