



Apricot Pie with Candied Ginger and Crunchy Topping

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 0.1 teaspoon almond extract
- ☐ 1.5 pounds apricots pitted halved cut into 1/2-inch slices (5 cups)
- ☐ 4 teaspoons cornstarch
- ☐ 3 tablespoons crystallized ginger coarsely chopped
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.5 cup grape nuts

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 3 tablespoons ice water ()
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup slivered almonds toasted finely chopped
- ☐ 5 tablespoons sugar
- ☐ 0.3 cup butter unsalted chilled cut into 1/2-inch cubes ()

Equipment

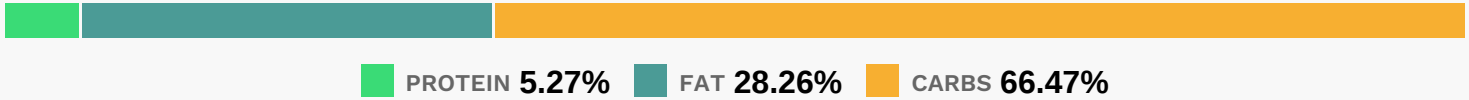
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Whisk flour, sugar, and salt in large bowl to blend.
- ☐ Add butter; rub in with fingertips until mixture resembles coarse meal.
- ☐ Add 3 tablespoons ice water and stir until moist clumps form, adding more ice water by teaspoonfuls if mixture is too dry. Gather dough into ball; flatten into disk. Wrap in plastic and refrigerate 30 minutes.
- ☐ Roll out dough on lightly floured surface to 12-inch round.
- ☐ Transfer to 9-inch-diameter pie dish. Fold overhang under and crimp decoratively. Refrigerate 30 minutes.
- ☐ Preheat oven to 375°F. Line crust with foil; fill with dried beans or pie weights.
- ☐ Bake until dough begins to set, about 20 minutes.
- ☐ Remove foil and beans.
- ☐ Bake until crust is just beginning to brown, about 5 minutes longer. Maintain oven temperature.
- ☐ Mix first 7 ingredients in medium bowl to blend.

- ☐ Add butter; rub in with fingertips until moist clumps form.
- ☐ Mix all ingredients in large bowl to blend.
- ☐ Transfer to warm pie crust.
- ☐ Sprinkle topping evenly over apricot mixture.
- ☐ Bake pie until topping is brown and filling is bubbling thickly, about 45 minutes, covering crust with foil after 30 minutes if browning too quickly. Cool completely.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:25.22, Glycemic Load:11.38, Inflammation Score:-8, Nutrition Score:9.1860870336709%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.06mg, Epicatechin: 4.06mg, Epicatechin: 4.06mg, Epicatechin: 4.06mg 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: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 260.55kcal (13.03%), Fat: 8.54g (13.14%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 45.21g (15.07%), Net Carbohydrates: 41.78g (15.19%), Sugar: 32.39g (35.99%), Cholesterol: 15.25mg (5.08%), Sodium: 113.06mg (4.92%), Alcohol: 0.02g (100%), Alcohol %: 0.02% (100%), Protein: 3.58g (7.17%), Vitamin A: 1943.99IU (38.88%), Manganese: 0.49mg (24.57%), Iron: 2.9mg (16.12%), Vitamin E: 2.12mg (14.16%), Fiber: 3.43g (13.72%), Folate: 44.54µg (11.14%), Vitamin C: 8.52mg (10.32%), Potassium: 309.48mg (8.84%), Phosphorus: 83.26mg (8.33%), Vitamin B1: 0.12mg (8.21%), Vitamin B3: 1.63mg (8.16%), Magnesium: 32.47mg (8.12%), Copper: 0.16mg (7.76%), Vitamin B2: 0.12mg (7.28%), Vitamin B6: 0.12mg (6.16%), Selenium: 3.04µg (4.35%), Calcium: 41.02mg (4.1%), Zinc: 0.51mg (3.43%), Vitamin B5: 0.34mg (3.38%), Vitamin K: 3.5µg (3.34%)