



WHATSheATE



Apricot Raspberry Pie



Vegetarian



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 1.5 lb firm-ripe apricots cut into 1/2-inch-thick wedges (8 large)
- ☐ 0.3 cup cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 8 servings pastry dough
- ☐ 7 ounces raspberries
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sugar

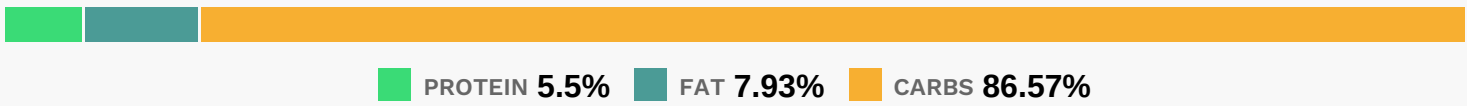
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ rolling pin

Directions

- ☐ Place a baking sheet in middle of oven and preheat oven to 450°F.
- ☐ Whisk together cornstarch, salt, and 1 cup plus 2 tablespoons sugar in a large bowl.
- ☐ Roll out 1 piece of dough (keep remaining piece chilled) on a lightly floured surface with a lightly floured rolling pin into a 13-inch round and fit into a 9-inch glass pie plate (4-cup capacity). Trim edge, leaving a 1/2-inch overhang. Chill shell while rolling out dough for top crust.
- ☐ Roll out remaining piece of dough into an 11-inch round.
- ☐ Stir apricots into sugar mixture until combined, then gently stir in raspberries and spoon filling into shell.
- ☐ Cover pie with pastry round and trim with kitchen shears, leaving a 1/2-inch overhang. Crimp edge decoratively.
- ☐ Brush top of pie with egg and sprinkle all over with remaining 2 tablespoons sugar.
- ☐ Cut 3 steam vents in top crust with a sharp small knife.
- ☐ Bake pie on hot baking sheet 15 minutes. Reduce oven temperature to 375°F and continue to bake until crust is golden brown and filling is bubbling, about 45 minutes more. Cool pie on a rack at least 2 hours before serving.
- ☐ ·Pie can be made 1 day ahead and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.97, Glycemic Load:29.05, Inflammation Score:-8, Nutrition Score:7.9830434115037%

Flavonoids

Cyanidin: 11.35mg, Cyanidin: 11.35mg, Cyanidin: 11.35mg, Cyanidin: 11.35mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 4.9mg, Epicatechin: 4.9mg, Epicatechin: 4.9mg, Epicatechin: 4.9mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 255.02kcal (12.75%), Fat: 2.33g (3.58%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 57.21g (19.07%), Net Carbohydrates: 53.5g (19.45%), Sugar: 40.2g (44.67%), Cholesterol: 23.25mg (7.75%), Sodium: 175.09mg (7.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.27%), Vitamin A: 1679.97IU (33.6%), Vitamin C: 15mg (18.19%), Manganese: 0.33mg (16.37%), Fiber: 3.71g (14.84%), Selenium: 6.78µg (9.69%), Vitamin B1: 0.14mg (9.25%), Vitamin B2: 0.14mg (8.4%), Folate: 32.52µg (8.13%), Potassium: 281.18mg (8.03%), Vitamin B3: 1.44mg (7.19%), Vitamin E: 1.05mg (7.02%), Iron: 1.26mg (6.98%), Copper: 0.12mg (5.83%), Phosphorus: 53.9mg (5.39%), Vitamin K: 5.24µg (4.99%), Magnesium: 17.68mg (4.42%), Vitamin B5: 0.44mg (4.39%), Vitamin B6: 0.08mg (3.79%), Zinc: 0.45mg (3.02%), Calcium: 23.29mg (2.33%)