



Asian Pear Pie

READY IN



260 min.

SERVINGS



8

CALORIES



449 kcal

DESSERT

Ingredients

- 2.3 cups flour all-purpose
- 1 teaspoon salt
- 0.8 cup shortening
- 5 tablespoons ginger ale cold
- 0.5 cup brown sugar light packed
- 0.5 teaspoon five-spice powder
- 6 cups pears peeled thinly sliced (6 large)
- 2 tablespoons juice of lemon fresh
- 1 tablespoon butter

- 1 egg whites lightly beaten
- 1 tablespoon granulated sugar

Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender
- plastic wrap

Directions

- In medium bowl, mix 2 cups of the flour and the salt.
- Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- Sprinkle with ginger ale, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl. Gather pastry into a ball. Divide in half. Shape into 2 flattened rounds on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable.
- Heat oven to 500°F. In small bowl, mix remaining 1/3 cup flour, the brown sugar and five-spice powder. In large bowl, gently toss pears and lemon juice; sprinkle with brown sugar mixture and toss again.
- On lightly floured surface, roll one round of pastry into circle 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths and place in pie plate. Unfold pastry and ease into plate, pressing firmly against bottom and side. Spoon filling into pastry-lined plate; dot with butter.
- Trim overhanging edge of bottom pastry 1/2 inch from rim of plate.
- Roll other round of pastry. Fold into fourths and cut slits so steam can escape.
- Place pastry over filling and unfold; trim, seal and flute edge.
- Brush top with egg white.
- Sprinkle with granulated sugar.

- Place pie plate on a cookie sheet.
- Place in oven.
- Reduce oven temperature to 400°F.
- Bake 45 to 50 minutes or until crust is golden brown and juice begins to bubble through slits in crust. Cool on cooling rack at least 2 hours.

Nutrition Facts

■ PROTEIN **4.06%**
■ FAT **41.57%**
■ CARBS **54.37%**

Properties

Glycemic Index:36.86, Glycemic Load:27.05, Inflammation Score:-4, Nutrition Score:8.7234782285017%

Flavonoids

Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg 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: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 448.83kcal (22.44%), Fat: 21.2g (32.61%), Saturated Fat: 5.79g (36.18%), Carbohydrates: 62.39g (20.8%), Net Carbohydrates: 57.65g (20.97%), Sugar: 27.65g (30.72%), Cholesterol: 3.76mg (1.25%), Sodium: 315.42mg (13.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Vitamin B1: 0.31mg (20.38%), Selenium: 13.44µg (19.19%), Folate: 76.26µg (19.07%), Fiber: 4.74g (18.96%), Manganese: 0.32mg (15.91%), Vitamin K: 15.77µg (15.02%), Vitamin B2: 0.23mg (13.49%), Vitamin B3: 2.37mg (11.85%), Iron: 2.05mg (11.37%), Vitamin E: 1.39mg (9.27%), Copper: 0.16mg (8.07%), Vitamin C: 6.64mg (8.05%), Potassium: 207.95mg (5.94%), Phosphorus: 55.7mg (5.57%), Magnesium: 18.48mg (4.62%), Vitamin B5: 0.38mg (3.82%), Vitamin B6: 0.06mg (2.94%), Calcium: 29.32mg (2.93%), Zinc: 0.39mg (2.6%), Vitamin A: 74.14IU (1.48%)