

Bartlett Pear Pie

READY IN



110 min.

SERVINGS



8

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 5 bartlett pears peeled chopped
- ☐ 0.3 cup brown sugar
- ☐ 2 eggs
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 pinch ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 9-inch pie crust pastry
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup butter unsalted softened
- ☐ 0.5 cup sugar white

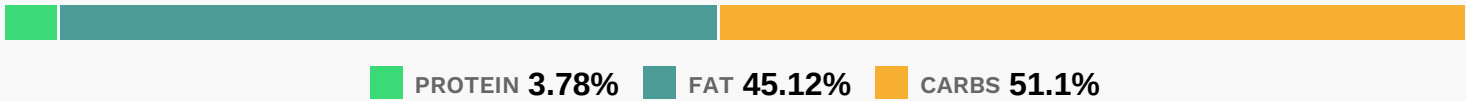
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ pie form

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Press pie crust pastry into a 9-inch pie dish and refrigerate while preparing filling.
- ☐ Beat butter, white sugar, brown sugar, flour, nutmeg, allspice, salt, and cinnamon together in a bowl using an electric mixer until smooth. Beat eggs, 1 at a time, into butter mixture until incorporated; fold in pears.
- ☐ Pour filling into chilled crust.
- ☐ Bake in the preheated oven until filling is set in the middle, 30 to 35 minutes. Cool completely before serving, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:34.51, Glycemic Load:14.99, Inflammation Score:-3, Nutrition Score:5.756956556569%

Nutrients (% of daily need)

Calories: 382.86kcal (19.14%), Fat: 19.4g (29.85%), Saturated Fat: 9.74g (60.89%), Carbohydrates: 49.44g (16.48%), Net Carbohydrates: 45.24g (16.45%), Sugar: 30.05g (33.39%), Cholesterol: 71.42mg (23.81%), Sodium: 195.43mg (8.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Fiber: 4.2g (16.82%), Manganese: 0.19mg (9.26%), Vitamin A: 446.35IU (8.93%), Folate: 32.65µg (8.16%), Selenium: 5.7µg (8.14%), Vitamin B2: 0.14mg (8%), Vitamin K: 7.09µg (6.75%), Iron: 1.2mg (6.65%), Vitamin B1: 0.1mg (6.62%), Copper: 0.13mg (6.26%), Vitamin C: 4.95mg (6%), Phosphorus: 57.91mg (5.79%), Vitamin B3: 0.97mg (4.85%), Potassium: 168.4mg (4.81%), Vitamin E: 0.69mg (4.63%), Vitamin B5: 0.35mg (3.48%), Magnesium: 13.6mg (3.4%), Vitamin B6: 0.06mg (3.23%), Calcium:

31.95mg (3.2%), Vitamin D: 0.43µg (2.89%), Zinc: 0.38mg (2.51%), Vitamin B12: 0.12µg (2.03%)