



Blue Ribbon Peach Praline Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1441 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 9 inch deep dish pie crust
- 0.5 cup flour all-purpose
- 1 teaspoon juice of lemon
- 4 cups peaches peeled sliced (4 medium peaches)
- 0.5 cup pecans
- 3.5 tablespoons cooking tapioca
- 0.5 cup sugar
- 4 tablespoons butter unsalted cold

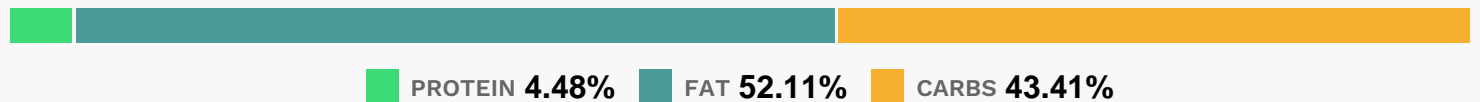
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 450F. Line a rimmed baking sheet with foil. In a large bowl, combine 4 cups peeled, sliced peaches (about 4 medium peaches), 1/2 cup sugar, 3 1/2 Tbsp. quick-cooking tapioca and 1 tsp. lemon juice.
- Let stand for 15 minutes.
- In a small bowl, mix 1/2 cup all-purpose flour, 1/4 cup packed brown sugar and 1/2 cup pecan pieces. Using your fingertips or a fork, cut in 4 Tbsp. cold unsalted butter until mixture is crumbly.
- Sprinkle 1/3 of praline mixture over bottom of 1 (9-inch) unbaked deep-dish pie shell; cover with peach mixture.
- Sprinkle remaining praline mixture over peaches.
- Place pie on prepared baking sheet and bake for 10 minutes. Reduce oven temperature to 350F and bake until peaches are tender and topping is golden brown, 25 to 30 minutes longer.

Nutrition Facts



Properties

Glycemic Index:24.42, Glycemic Load:15.73, Inflammation Score:-7, Nutrition Score:22.136087143551%

Flavonoids

Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.39mg,

Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg
Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg,
Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:
0.01mg, Naringenin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg
Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 1440.53kcal (72.03%), Fat: 83.98g (129.2%), Saturated Fat: 24.71g (154.45%), Carbohydrates: 157.43g
(52.48%), Net Carbohydrates: 151.85g (55.22%), Sugar: 25.92g (28.8%), Cholesterol: 15.05mg (5.02%), Sodium:
910.49mg (39.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.24g (32.47%), Manganese: 1.62mg
(81.11%), Folate: 216.59µg (54.15%), Vitamin B1: 0.7mg (46.83%), Vitamin K: 41.2µg (39.24%), Vitamin B3: 7.53mg
(37.64%), Iron: 6.6mg (36.66%), Vitamin E: 3.98mg (26.52%), Vitamin B2: 0.44mg (25.87%), Selenium: 16.19µg
(23.13%), Fiber: 5.58g (22.33%), Phosphorus: 219.14mg (21.91%), Copper: 0.36mg (17.96%), Magnesium: 55.06mg
(13.76%), Zinc: 1.72mg (11.47%), Vitamin B5: 1.14mg (11.44%), Potassium: 373.32mg (10.67%), Vitamin A: 429.8IU
(8.6%), Vitamin B6: 0.16mg (7.99%), Calcium: 67.42mg (6.74%), Vitamin C: 3.47mg (4.21%)