



Blueberry-Peach Skillet Pie

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

DESSERT

Ingredients

- ☐ 5 cups blueberries frozen thaw (don't)
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup cornstarch
- ☐ 0.7 cup granulated sugar
- ☐ 1 lemon zest grated
- ☐ 0.8 cup butter melted (such as Earth Balance)
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 0.5 cup oats quick (don't use cooking)

- ☐ 2 medium peaches pitted ripe peeled sliced
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 400
- ☐ Lightly grease a 10-inch cast iron skillet with a little shortening.
- ☐ Make the filling: In a large saucepan, combine the blueberries, granulated sugar, and 1/4 cup water. Bring to a simmer over medium heat, stirring occasionally.
- ☐ Whisk together the cornstarch and remaining 2/3 cup water in a small bowl until smooth. Stir the cornstarch mixture into the hot berries. Gently stir in the lemon zest and peaches, being careful not to mash the peaches. Reduce the heat to low and continue simmering the fruit, gently stirring, until the juices have thickened and the mixture is clear.
- ☐ Remove the saucepan from the heat and scoop the mixture into the prepared skillet.
- ☐ Make the topping: Stir together the flour, oats, brown sugar, and nutmeg in a small bowl.
- ☐ Add the melted margarine, stirring until incorporated. Using your fingertips, work the margarine into the flour mixture, squeezing until nice and crumbly.
- ☐ Sprinkle the topping over the blueberry filling.
- ☐ Bake the pie just until the topping is nicely browned, 30 to 40 minutes.
- ☐ Serve with ice cream, if you like.

Nutrition Facts



 **PROTEIN 2.92%**  **FAT 37.88%**  **CARBS 59.2%**

Properties

Glycemic Index:55.89, Glycemic Load:33.46, Inflammation Score:-8, Nutrition Score:11.229130463756%

Flavonoids

Cyanidin: 11.39mg, Cyanidin: 11.39mg, Cyanidin: 11.39mg, Cyanidin: 11.39mg Petunidin: 38.89mg, Petunidin: 38.89mg, Petunidin: 38.89mg, Petunidin: 38.89mg Delphinidin: 43.7mg, Delphinidin: 43.7mg, Delphinidin: 43.7mg, Delphinidin: 43.7mg Malvidin: 83.36mg, Malvidin: 83.36mg, Malvidin: 83.36mg, Malvidin: 83.36mg Peonidin: 25.02mg, Peonidin: 25.02mg, Peonidin: 25.02mg, Peonidin: 25.02mg Catechin: 8.98mg, Catechin: 8.98mg, Catechin: 8.98mg, Catechin: 8.98mg Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 555.56kcal (27.78%), Fat: 24.18g (37.19%), Saturated Fat: 4.97g (31.06%), Carbohydrates: 85g (28.33%), Net Carbohydrates: 79.96g (29.08%), Sugar: 56.69g (62.98%), Cholesterol: 0mg (0%), Sodium: 282.47mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Manganese: 0.82mg (41.09%), Vitamin A: 1245.41IU (24.91%), Vitamin K: 25.49µg (24.27%), Fiber: 5.04g (20.15%), Vitamin C: 15.37mg (18.63%), Vitamin B1: 0.22mg (14.4%), Vitamin E: 1.99mg (13.25%), Selenium: 8.94µg (12.77%), Folate: 42.01µg (10.5%), Vitamin B2: 0.17mg (9.97%), Vitamin B3: 1.95mg (9.76%), Iron: 1.71mg (9.51%), Copper: 0.18mg (8.85%), Phosphorus: 79.16mg (7.92%), Magnesium: 27.68mg (6.92%), Potassium: 236.82mg (6.77%), Vitamin B6: 0.1mg (5.13%), Zinc: 0.69mg (4.59%), Vitamin B5: 0.42mg (4.25%), Calcium: 41.56mg (4.16%)