



Bright Ranch Cherry Pie



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



414 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 5 tablespoons cornstarch
- ☐ 15 oz pastry refrigerated for double-crust 9-inch pie
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.8 cup sugar
- ☐ 2.3 lb cherries dark sweet pitted rinsed

Equipment

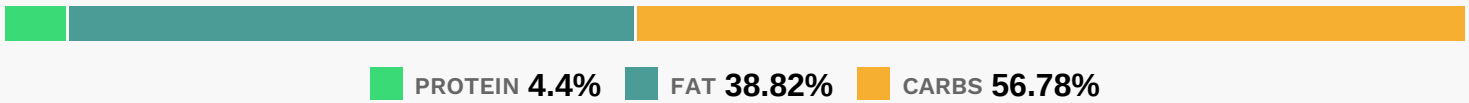
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ In a large bowl, mix 3/4 cup sugar and cornstarch; add cherries, almond extract, and cinnamon; mix gently.
- ☐ Ease 1 pastry round into a 9-inch pie pan. Scrape cherry mixture into pastry, mounding in the center.
- ☐ With the tip of a sharp knife, cut the shape of a cherry (at least 1 1/2 in. wide; plus a stem) in the center of remaining pastry. Center pastry over fruit. Press pastry edges together, then fold under at rim and pinch edge decoratively. Lightly brush pastry with water, then sprinkle with about 1 teaspoon sugar. Set pie pan in a larger, shallow rimmed pan lined with foil (to catch any drips).
- ☐ Bake pie on pan in a 375 oven on the lowest rack until pastry is richly browned and filling bubbles in the center, 1 to 1 1/4 hours.
- ☐ Let cool at least 2 hours for filling to firm.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:26.64, Inflammation Score:-3, Nutrition Score:6.8652174265488%

Flavonoids

Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg

Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 413.66kcal (20.68%), Fat: 18.29g (28.13%), Saturated Fat: 4.6g (28.75%), Carbohydrates: 60.18g (20.06%), Net Carbohydrates: 57.02g (20.74%), Sugar: 31.53g (35.03%), Cholesterol: 0mg (0%), Sodium: 118.24mg (5.14%), Alcohol: 0.08g (100%), Alcohol %: 0.05% (100%), Protein: 4.67g (9.33%), Selenium: 11.66µg (16.66%), Manganese: 0.32mg (16.16%), Vitamin B1: 0.22mg (14.58%), Fiber: 3.16g (12.64%), Vitamin B3: 2.15mg (10.73%), Folate: 41.39µg (10.35%), Vitamin B2: 0.17mg (10.27%), Vitamin C: 7.94mg (9.62%), Vitamin K: 10.01µg (9.53%), Iron: 1.65mg (9.18%), Potassium: 281.6mg (8.05%), Copper: 0.13mg (6.28%), Phosphorus: 52.79mg (5.28%), Magnesium: 20.23mg (5.06%), Vitamin B6: 0.07mg (3.28%), Vitamin B5: 0.23mg (2.26%), Zinc: 0.34mg (2.24%), Vitamin E: 0.34mg (2.24%), Calcium: 20.3mg (2.03%), Vitamin A: 73.21IU (1.46%)