



Brown Sugar-Cinnamon Peach Pie

 Vegetarian

READY IN



290 min.

SERVINGS



8

CALORIES



730 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar light packed
- ☐ 1.3 cups butter cold
- ☐ 1.5 tablespoons butter cut into pieces
- ☐ 1 large eggs beaten
- ☐ 4.3 cups flour all-purpose divided
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 cup water
- ☐ 4 lb peaches fresh firm ripe
- ☐ 0.1 teaspoon salt
- ☐ 1.5 teaspoons salt

Equipment

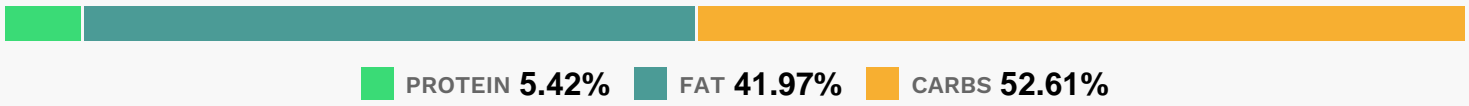
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Cut 1 1/3 cups butter into small cubes, and chill 15 minutes. Stir together 4 cups flour and 1 1/2 tsp. salt.
- ☐ Cut butter into flour mixture with a pastry blender until mixture resembles small peas. Gradually stir in 1/2 cup ice water with a fork, stirring until dry ingredients are moistened and dough begins to form a ball and leaves sides of bowl, adding more ice water, 1 Tbsp. at a time, if necessary. Turn dough out onto a piece of plastic wrap; press and shape dough into 2 flat disks. Wrap each disk in plastic wrap, and chill 30 minutes to 24 hours.
- ☐ Preheat oven to 42
- ☐ Place 1 dough disk on a lightly floured surface; sprinkle dough lightly with flour.
- ☐ Roll dough to about 1/4-inch thickness. Starting at 1 edge of dough, wrap dough around a rolling pin.
- ☐ Place rolling pin over a 9-inch pie plate, and unroll dough over pie plate. Press dough into pie plate.

- ☐ Roll remaining dough disk to about 1/4-inch thickness on a lightly floured surface.
- ☐ Peel peaches, and cut into 1/2-inch-thick slices; cut slices in half. Stir together brown sugar, next 3 ingredients, and remaining 1/4 cup flour in a bowl; add peaches, stirring to coat. Immediately spoon peach mixture into piecrust in pie plate, and dot with 1 1/2 Tbsp. butter. (Do not make mixture ahead or it will become too juicy.)
- ☐ Carefully place remaining piecrust over filling; press edges of crusts together to seal.
- ☐ Cut off excess crust, and reserve. Crimp edges of pie. If desired, reroll excess crust to 1/4-inch thickness.
- ☐ Cut into 3-inch leaves using a knife.
- ☐ Brush top of pie with beaten egg; top with leaves.
- ☐ Brush leaves with egg; sprinkle with 1 1/2 Tbsp. granulated sugar.
- ☐ Cut 4 to 5 slits in top of pie for steam to escape.
- ☐ Freeze pie 15 minutes. Meanwhile, heat a jelly-roll pan in oven 10 minutes.
- ☐ Place pie on hot jelly-roll pan.
- ☐ Bake at 425 on lower oven rack 15 minutes. Reduce oven temperature to 375; bake 40 minutes. Cover loosely with aluminum foil to prevent excessive browning, and bake 25 more minutes or until juices are thick and bubbly (juices will bubble through top).
- ☐ Transfer to a wire rack; cool 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:45.05, Glycemic Load:51.92, Inflammation Score:-9, Nutrition Score:17.350869461246%

Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 729.61kcal (36.48%), Fat: 34.71g (53.39%), Saturated Fat: 21.14g (132.11%), Carbohydrates: 97.88g (32.63%), Net Carbohydrates: 92.55g (33.66%), Sugar: 43.16g (47.96%), Cholesterol: 110.24mg (36.75%), Sodium: 776.92mg (33.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Selenium: 29.84µg (42.62%), Vitamin B1: 0.58mg (38.69%), Vitamin A: 1784.9IU (35.7%), Folate: 139.43µg (34.86%), Manganese: 0.65mg (32.35%), Vitamin B3: 5.79mg (28.94%), Vitamin B2: 0.44mg (26.05%), Iron: 4.1mg (22.76%), Fiber: 5.33g (21.31%), Vitamin E: 2.71mg (18.04%), Phosphorus: 144.41mg (14.44%), Copper: 0.29mg (14.39%), Vitamin C: 9.31mg (11.28%), Potassium: 385.76mg (11.02%), Vitamin K: 9.93µg (9.46%), Magnesium: 35.86mg (8.96%), Vitamin B5: 0.8mg (7.97%), Zinc: 1.12mg (7.44%), Vitamin B6: 0.1mg (5.19%), Calcium: 47mg (4.7%), Vitamin B12: 0.12µg (2.07%)