



Brown Sugar-Peach Pie with Coconut Streusel

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



433 kcal

DESSERT

Ingredients

- 0.7 cup brown sugar divided packed
- 3 tablespoons flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 cup regular oats
- 8 cups peaches ripe peeled sliced ()
- 15 ounce pie dough refrigerated (such as Pillsbury)
- 1.5 tablespoons stick margarine melted
- 0.3 cup coconut or sweetened flaked

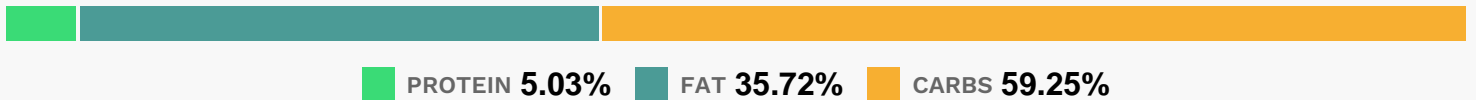
Equipment

- bowl
- oven
- wire rack
- aluminum foil

Directions

- Preheat oven to 42
- Fit dough into a 9-inch pie plate. Fold edges under; flute. Line dough with a piece of foil, and arrange pie weights or dried beans on foil.
- Bake at 425 for 10 minutes. Reduce oven temperature to 35
- Remove pie weights and foil.
- Bake at 350 for 5 minutes. Cool crust on a wire rack.
- Combine 1/3 cup sugar, flour, and cinnamon in a bowl; sprinkle over peaches. Toss gently. Spoon into prepared crust.
- Bake at 350 for 30 minutes.
- Combine 1/3 cup sugar, oats, coconut, and butter; sprinkle over peach mixture. Shield edges of crust with foil.
- Bake an additional 30 minutes or until golden. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.03, Glycemic Load:7.66, Inflammation Score:-6, Nutrition Score:9.2147826443872%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg

Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg,
Epigallocatechin 3-gallate: 0.46mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol:
0.34mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 432.66kcal (21.63%), Fat: 17.5g (26.92%), Saturated Fat: 5.57g (34.83%), Carbohydrates: 65.32g (21.77%),
Net Carbohydrates: 60.93g (22.16%), Sugar: 31.73g (35.25%), Cholesterol: 0mg (0%), Sodium: 276.55mg (12.02%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.09%), Manganese: 0.53mg (26.49%), Fiber: 4.39g
(17.54%), Vitamin B1: 0.22mg (14.76%), Vitamin B3: 2.92mg (14.61%), Folate: 52.97µg (13.24%), Iron: 2.36mg (13.11%),
Selenium: 8.85µg (12.64%), Vitamin A: 602.11IU (12.04%), Vitamin E: 1.47mg (9.82%), Copper: 0.19mg (9.71%),
Vitamin B2: 0.16mg (9.34%), Phosphorus: 93.15mg (9.31%), Potassium: 290.36mg (8.3%), Vitamin K: 8.62µg (8.21%),
Vitamin C: 6.32mg (7.67%), Magnesium: 28.74mg (7.18%), Vitamin B5: 0.53mg (5.32%), Zinc: 0.76mg (5.08%),
Vitamin B6: 0.08mg (3.92%), Calcium: 36.03mg (3.6%)