



Bubby's Sour Cherry Pie

READY IN



220 min.

SERVINGS



16

CALORIES



381 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract pure
- 10.3 cups cherries sour pitted
- 1.3 cups granulated sugar plus more for sprinkling
- 2 tablespoons juice of lemon
- 4 rounds of pie dough homemade store-bought
- 0.1 teaspoon salt
- 5 tablespoons .3 oz. of pearl tapioca
- 0.5 cup butter unsalted melted

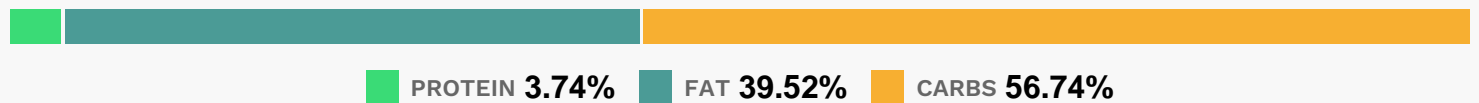
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- In a large bowl, mix together the cherries, sugar, tapioca, butter, lemon juice, almond extract and salt.
- Transfer 2 rounds of pie dough to two 9-inch pie tins. Divide the cherry mixture between the crusts. Cover the pies with the remaining 2 rounds of dough (in a lattice pattern, if desired).
- Sprinkle the pie crusts with water, and then with some sugar. Chill the pies in the refrigerator at least 30 minutes before baking.
- Preheat the oven to 475 degrees F.
- Place the pies on baking sheets and transfer to the oven.
- Bake about 5 minutes. Reduce the oven temperature to 375 degrees F and continue baking until the filling bubbles and the crust is golden brown, about 45 minutes. Cool the pies on wire rack at least 2 hours before slicing. Store at room temperature up to 2 days.

Nutrition Facts



Properties

Glycemic Index:10.61, Glycemic Load:17.02, Inflammation Score:-3, Nutrition Score:5.2765216782041%

Flavonoids

Cyanidin: 26.92mg, Cyanidin: 26.92mg, Cyanidin: 26.92mg, Cyanidin: 26.92mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol:

0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 380.52kcal (19.03%), Fat: 17.07g (26.26%), Saturated Fat: 7.15g (44.66%), Carbohydrates: 55.15g (18.38%), Net Carbohydrates: 52.18g (18.97%), Sugar: 28.26g (31.39%), Cholesterol: 15.25mg (5.08%), Sodium: 193.02mg (8.39%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 3.64g (7.27%), Manganese: 0.26mg (12.82%), Fiber: 2.97g (11.9%), Vitamin B1: 0.14mg (9.46%), Folate: 34.06µg (8.51%), Vitamin C: 6.96mg (8.44%), Iron: 1.5mg (8.33%), Potassium: 243.85mg (6.97%), Vitamin B3: 1.29mg (6.45%), Vitamin B2: 0.11mg (6.34%), Vitamin K: 5.47µg (5.21%), Phosphorus: 51.46mg (5.15%), Vitamin A: 234.85IU (4.7%), Copper: 0.09mg (4.45%), Magnesium: 16.5mg (4.13%), Selenium: 2.63µg (3.75%), Vitamin B5: 0.37mg (3.65%), Vitamin B6: 0.07mg (3.32%), Vitamin E: 0.43mg (2.84%), Calcium: 22.46mg (2.25%), Zinc: 0.27mg (1.78%)