



Caramel-Walnut Pie with Dried Cherries

READY IN



45 min.

SERVINGS



10

CALORIES



374 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 cup butter melted room temperature ()
- ☐ 1.3 cups cherries dried chopped
- ☐ 0.7 cup plus light
- ☐ 3 large eggs
- ☐ 0.7 cup brown sugar packed ()
- ☐ 4 tablespoons ice water ()
- ☐ 0.5 cup ruby port

- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 cup walnuts toasted chopped
- ☐ 10 servings whipped cream

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ pie form

Directions

- ☐ Blend flour, salt, and baking powder in processor. Using on/off turns, cut in butter until mixture resembles coarse meal.
- ☐ Add 4 tablespoons ice water. Process just until moist clumps form, adding more water by teaspoonfuls if dough is dry. Form dough into disk. Wrap in plastic; chill until dough is firm enough to roll out, about 30 minutes.
- ☐ Preheat oven to 350°F. Boil cherries and Port in heavy small saucepan until Port is absorbed, stirring often, about 10 minutes. Cool completely.
- ☐ Using electric mixer, beat brown sugar, corn syrup, eggs, and melted butter in large bowl until foamy. Beat in vanilla. Stir in walnuts and Port-infused cherries.
- ☐ Roll out dough on floured work surface to 11-inch round; transfer to 9-inch-diameter glass pie dish. Fold overhang under; crimp edges.
- ☐ Pour filling into crust.
- ☐ Bake pie until crust is golden and filling is brown and just set in center, about 50 minutes. Cool pie completely in dish on rack.
- ☐ Serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:33.3, Glycemic Load:14.8, Inflammation Score:-4, Nutrition Score:7.8413044317909%

Flavonoids

Cyanidin: 5.53mg, Cyanidin: 5.53mg, Cyanidin: 5.53mg, Cyanidin: 5.53mg Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 11.38mg, Malvidin: 11.38mg, Malvidin: 11.38mg, Malvidin: 11.38mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 374.24kcal (18.71%), Fat: 15.25g (23.47%), Saturated Fat: 4.97g (31.06%), Carbohydrates: 53.13g (17.71%), Net Carbohydrates: 51.47g (18.72%), Sugar: 35.8g (39.78%), Cholesterol: 72.56mg (24.19%), Sodium: 205.39mg (8.93%), Alcohol: 2.04g (100%), Alcohol %: 1.98% (100%), Protein: 6.07g (12.14%), Manganese: 0.57mg (28.45%), Selenium: 12.07µg (17.24%), Vitamin B1: 0.22mg (14.39%), Folate: 54.02µg (13.5%), Copper: 0.25mg (12.43%), Vitamin B2: 0.19mg (11.35%), Phosphorus: 104.65mg (10.47%), Iron: 1.68mg (9.36%), Magnesium: 29.87mg (7.47%), Vitamin B3: 1.33mg (6.63%), Fiber: 1.65g (6.61%), Vitamin B6: 0.11mg (5.69%), Zinc: 0.84mg (5.6%), Vitamin A: 277.3IU (5.55%), Calcium: 54.63mg (5.46%), Potassium: 172.54mg (4.93%), Vitamin B5: 0.46mg (4.61%), Vitamin E: 0.43mg (2.89%), Vitamin B12: 0.16µg (2.68%), Vitamin D: 0.32µg (2.16%), Vitamin C: 1.36mg (1.65%), Vitamin K: 1.29µg (1.23%)