



## Cherry Berry Peach Pie

 Vegetarian  Vegan  Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



461 kcal

DESSERT

### Ingredients

- 1 cup blueberries
- 0.3 cup brown sugar
- 1 cup bing cherries pitted halved
- 15 ounce pastry for a double crust 9-inch pie
- 3 tablespoons flour all-purpose
- 0.3 teaspoon ground cinnamon
- 1 tablespoon juice of lemon
- 3 cups peaches peeled sliced

- 0.1 teaspoon salt
- 0.5 cup sugar white

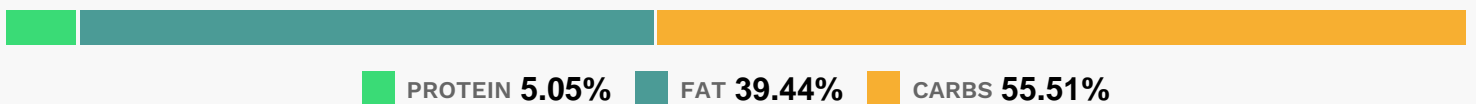
## Equipment

- bowl
- oven

## Directions

- Preheat oven to 450 degrees F (230 degrees C). Press one pie crust pastry into a 9-inch pie plate.
- Cut the remaining pie crust pastry into 3/4-inch strips to be used for the lattice top.
- Mix peaches, cherries, blueberries, and lemon juice together in a large bowl.
- Add 1/2 cup white sugar, brown sugar, flour, cinnamon, and salt; stir to coat.
- Pour fruit mixture into the prepared pie crust. Weave a lattice top over the fruit filling using the pie crust strips.
- Brush top crust with milk; sprinkle with about 1 teaspoon white sugar.
- Bake in the preheated oven for 10 minutes. Reduce heat to 350 degrees F (175 degrees C); bake until fruit filling is bubbling and lattice top is lightly browned, 45 to 50 minutes.

## Nutrition Facts



## Properties

Glycemic Index:35.79, Glycemic Load:26.15, Inflammation Score:-6, Nutrition Score:8.3013042937154%

## Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

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 Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 460.92kcal (23.05%), Fat: 20.54g (31.6%), Saturated Fat: 5.15g (32.17%), Carbohydrates: 65.06g (21.69%), Net Carbohydrates: 61.41g (22.33%), Sugar: 34.13g (37.92%), Cholesterol: 0mg (0%), Sodium: 180.94mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Selenium: 15.21µg (21.73%), Manganese: 0.39mg (19.61%), Vitamin B1: 0.25mg (16.99%), Vitamin A: 736.96IU (14.74%), Vitamin B3: 2.93mg (14.67%), Fiber: 3.65g (14.59%), Vitamin K: 13.89µg (13.23%), Folate: 51.63µg (12.91%), Iron: 2.05mg (11.37%), Vitamin B2: 0.19mg (11.32%), Copper: 0.12mg (6.24%), Vitamin C: 4.89mg (5.93%), Vitamin E: 0.82mg (5.47%), Phosphorus: 50.32mg (5.03%), Magnesium: 15.62mg (3.91%), Potassium: 131.74mg (3.76%), Zinc: 0.47mg (3.13%), Calcium: 29.39mg (2.94%), Vitamin B6: 0.04mg (2.01%), Vitamin B5: 0.14mg (1.35%)