



## Cherry Pie

 Dairy Free

READY IN



205 min.

SERVINGS



8

CALORIES



512 kcal

DESSERT

## Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.7 cup shortening
- ☐ 4 tablespoons water cold
- ☐ 1.3 cups sugar
- ☐ 0.5 cup flour all-purpose
- ☐ 6 cups cherries sour pitted
- ☐ 2 tablespoons butter

## Equipment

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

## Directions

- ☐ Heat oven to 425°F. In medium bowl, mix 2 cups flour and the salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball. Divide pastry in half; shape into 2 rounds. Wrap flattened rounds of pastry in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable.
- ☐ Roll pastry on lightly floured surface, using floured rolling pin, into circle 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths and place in pie plate; or roll pastry loosely around rolling pin and transfer to pie plate. Unfold or unroll pastry and ease into plate, pressing firmly against bottom and side and being careful not to stretch pastry, which will cause it to shrink when baked.
- ☐ In large bowl, mix sugar and 1/2 cup flour. Stir in cherries. Spoon into pastry-lined pie plate.
- ☐ Cut butter into small pieces; sprinkle over cherries. Cover with top pastry that has slits cut in it; seal and flute. Cover edge with 2- to 3-inch strip of foil to prevent excessive browning; remove foil during last 15 minutes of baking.
- ☐ Bake 35 to 45 minutes or until crust is golden brown and juice begins to bubble through slits in crust. Cool on cooling rack at least 2 hours before serving.

## Nutrition Facts



 **PROTEIN 3.94%**  **FAT 35.35%**  **CARBS 60.71%**

Properties

Glycemic Index:30.26, Glycemic Load:48, Inflammation Score:-5, Nutrition Score:8.6621739266683%

Flavonoids

Cyanidin: 31.27mg, Cyanidin: 31.27mg, Cyanidin: 31.27mg, Cyanidin: 31.27mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 5.18mg, Epicatechin: 5.18mg, Epicatechin: 5.18mg, Epicatechin: 5.18mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 511.91kcal (25.6%), Fat: 20.6g (31.69%), Saturated Fat: 4.96g (30.97%), Carbohydrates: 79.6g (26.53%), Net Carbohydrates: 76.37g (27.77%), Sugar: 46.62g (51.8%), Cholesterol: 0mg (0%), Sodium: 325.86mg (14.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.33%), Vitamin B1: 0.34mg (22.56%), Selenium: 13.44µg (19.2%), Folate: 75.66µg (18.91%), Manganese: 0.34mg (17.05%), Vitamin B2: 0.23mg (13.81%), Fiber: 3.23g (12.91%), Vitamin B3: 2.47mg (12.33%), Iron: 2.22mg (12.31%), Vitamin K: 11.38µg (10.84%), Vitamin C: 7.25mg (8.79%), Vitamin E: 1.25mg (8.34%), Potassium: 273.76mg (7.82%), Phosphorus: 64.73mg (6.47%), Copper: 0.12mg (6.11%), Magnesium: 20.17mg (5.04%), Vitamin B5: 0.5mg (4.96%), Vitamin A: 191.43IU (3.83%), Vitamin B6: 0.07mg (3.42%), Zinc: 0.35mg (2.34%), Calcium: 21.27mg (2.13%)