



Cherry Pie III

READY IN



180 min.

SERVINGS



8

CALORIES



505 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 tablespoon butter
- ☐ 2 cups cherries sour pitted
- ☐ 10 teaspoons cornstarch
- ☐ 2 cups flour all-purpose
- ☐ 1 pinch salt
- ☐ 1 cup shortening chilled
- ☐ 0.5 cup water cold
- ☐ 1.3 cups sugar white

Equipment

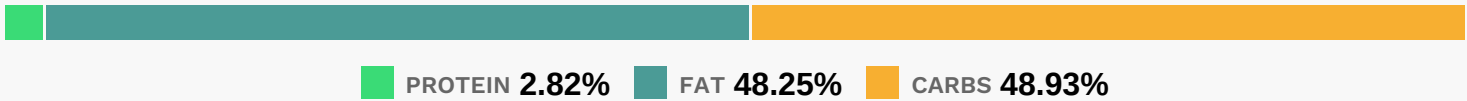
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ stand mixer
- ☐ pie form

Directions

- ☐ Cut the shortening into the flour and salt with the whisking blades of a stand mixer until the crumbs are pea-sized.
- ☐ Mix in cold water by hand just until the dough holds together. Divide the dough in half and form it into two disks. Wrap in plastic and refrigerate until chilled through, 30 minutes to 1 hour.
- ☐ Roll out one disk of dough into a 11-inch circle. Line a 9-inch pie pan with pastry. Refrigerate until needed.
- ☐ Roll out the dough for the top crust, transfer it to a plate or baking sheet, and refrigerate.
- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Place a baking tray in the oven to preheat.
- ☐ Place the cherries, sugar, and cornstarch in a medium-sized non-aluminum saucepan. Allow the mixture to stand for 10 minutes, or until the sugar draws out the cherries' juices. Bring to a boil over medium heat, stirring constantly. Lower the heat; simmer for 1 minute, or until the juices thicken and become translucent.
- ☐ Remove pan from heat, and stir in butter and almond extract. Allow the filling to cool to lukewarm.
- ☐ Pour the filling into the pie shell. Cover with top crust, crimp the edges to seal, and cut vents for steam.

☐ Bake in a preheated 375 degree F (190 degree C) oven on the baking tray for 45 to 55minutes, or until the crust is golden brown. Allow to cool for several hours before slicing.

Nutrition Facts



Properties

Glycemic Index:27.14, Glycemic Load:40.12, Inflammation Score:-3, Nutrition Score:6.3260869430783%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 504.76kcal (25.24%), Fat: 27.52g (42.34%), Saturated Fat: 7.37g (46.05%), Carbohydrates: 62.79g (20.93%), Net Carbohydrates: 61.2g (22.25%), Sugar: 35.7g (39.67%), Cholesterol: 3.76mg (1.25%), Sodium: 19.04mg (0.83%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 3.62g (7.23%), Vitamin B1: 0.26mg (17.32%), Selenium: 10.87µg (15.53%), Folate: 58.62µg (14.65%), Vitamin K: 14.57µg (13.88%), Manganese: 0.24mg (12.01%), Vitamin E: 1.65mg (11.03%), Vitamin B2: 0.17mg (10.14%), Vitamin B3: 1.9mg (9.5%), Iron: 1.62mg (9%), Fiber: 1.59g (6.36%), Phosphorus: 41.75mg (4.17%), Vitamin B5: 0.38mg (3.82%), Copper: 0.07mg (3.58%), Potassium: 111.33mg (3.18%), Vitamin C: 2.41mg (2.93%), Magnesium: 10.94mg (2.74%), Zinc: 0.25mg (1.67%), Vitamin B6: 0.03mg (1.55%), Vitamin A: 65.81IU (1.32%), Calcium: 10.67mg (1.07%)