



Cherry Pie with Lattice Top

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



350 kcal

DESSERT

Ingredients

- 12 ounces poached berries mixed frozen drained
- 1 can cherry pie filling
- 1 eggs lightly beaten
- 1 tablespoon kirsch liqueur (cherry liqueur)
- 1 box ready made pie crust
- 1 tablespoon sugar

Equipment

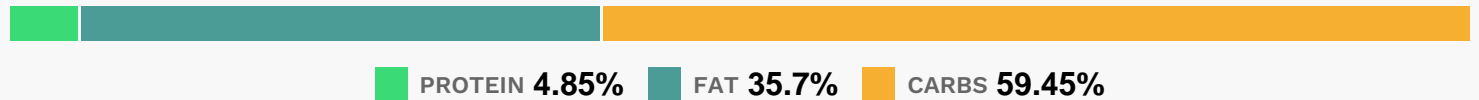
- bowl

- oven
- aluminum foil
- pie form

Directions

- Preheat oven to 375 degrees F.
- In a large bowl, combine cherry pie filling, mixed berries and kirsch. Set aside.
- Gently unfold bottom crust onto floured pie dish.
- Pour berry filling into unbaked crust. Using a pie pan as a guide, cut a circle for the top crust from a sheet of pie crust. Use a lattice cutter to create a pattern, and generously flour each piece so that pieces of lattice do not stick. Top pie with lattice strips and flute the edge of the pie with a fork.
- Brush top crust with beaten egg and sprinkle lightly with sugar.
- Bake for 40 minutes, or until bubbling appears in the middle of pie. Cover pie with aluminum foil halfway through baking.
- Let sit for 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.51, Glycemic Load:1.1, Inflammation Score:-3, Nutrition Score:6.0700000083965%

Flavonoids

Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg Petunidin: 7.72mg, Petunidin: 7.72mg, Petunidin: 7.72mg, Petunidin: 7.72mg Delphinidin: 9.18mg, Delphinidin: 9.18mg, Delphinidin: 9.18mg, Delphinidin: 9.18mg Malvidin: 21.11mg, Malvidin: 21.11mg, Malvidin: 21.11mg, Malvidin: 21.11mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 350.09kcal (17.5%), Fat: 13.89g (21.37%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 52.05g (17.35%), Net Carbohydrates: 49.17g (17.88%), Sugar: 5.35g (5.94%), Cholesterol: 20.46mg (6.82%), Sodium: 226.07mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.49%), Manganese: 0.31mg (15.43%), Fiber: 2.88g (11.52%), Vitamin B1: 0.17mg (11.49%), Folate: 43.6µg (10.9%), Vitamin K: 10.68µg (10.17%), Iron: 1.66mg (9.21%), Vitamin B3: 1.68mg (8.41%), Vitamin B2: 0.14mg (8.15%), Selenium: 4.89µg (6.98%), Phosphorus: 63.06mg (6.31%), Copper: 0.12mg (5.8%), Vitamin C: 3.86mg (4.67%), Potassium: 160.89mg (4.6%), Vitamin B6: 0.09mg (4.39%), Vitamin A: 202.64IU (4.05%), Magnesium: 15.67mg (3.92%), Vitamin B5: 0.39mg (3.9%), Vitamin E: 0.49mg (3.29%), Calcium: 24.38mg (2.44%), Zinc: 0.36mg (2.43%)