



Cherry Pie with Lattice Top

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



353 kcal

DESSERT

Ingredients

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

Equipment

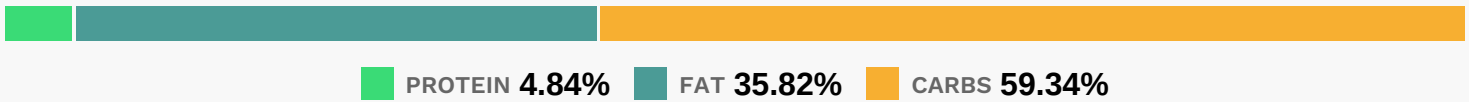
- ☐ bowl

- ☐ 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:10.64, Glycemic Load:1.05, Inflammation Score:-3, Nutrition Score:6.0304348080055%

Flavonoids

Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg 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, Pelargonidin: 0.01mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg 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: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 353.26kcal (17.66%), Fat: 13.89g (21.36%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 48.91g (17.79%), Sugar: 5.11g (5.68%), Cholesterol: 20.46mg (6.82%), Sodium: 226.09mg (9.83%), Alcohol: 0.63g (100%), Alcohol %: 0.45% (100%), Protein: 4.23g (8.45%), Manganese: 0.31mg (15.38%), Vitamin B1: 0.17mg (11.46%), Fiber: 2.84g (11.37%), Folate: 43.52µg (10.88%), Vitamin K: 10.64µg (10.13%), Iron: 1.65mg (9.18%), Vitamin B3: 1.68mg (8.4%), Vitamin B2: 0.14mg (8.12%), Selenium: 4.89µg (6.98%), Phosphorus: 62.74mg (6.27%), Copper: 0.12mg (5.76%), Vitamin C: 3.73mg (4.52%), Potassium: 156.82mg (4.48%), Vitamin B6: 0.09mg (4.34%), Vitamin A: 201.46IU (4.03%), Vitamin B5: 0.39mg (3.87%), Magnesium: 15.47mg (3.87%), Vitamin E: 0.49mg (3.28%), Zinc: 0.36mg (2.42%), Calcium: 24.14mg (2.41%)