



Classic Cherry Pie

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



557 kcal

DESSERT

Ingredients

- ☐ 15 cups cherries unsweetened sour pitted drained canned
- ☐ 1 large eggs
- ☐ 0.3 cup cooking tapioca
- ☐ 15 oz pie crust dough refrigerated (containing 2 crusts)
- ☐ 1.3 cups sugar
- ☐ 1 tablespoon vanilla extract

Equipment

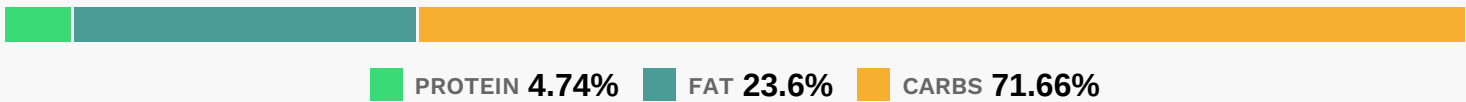
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ In a bowl, mix cherries, 1 1/4 cups sugar, tapioca and vanilla.
- ☐ Let stand for 15 minutes, stirring occasionally. Preheat oven to 375F. Line a rimmed baking sheet with foil and place in lower third of oven.
- ☐ Unroll one pie crust; transfer to a 9-inch pie plate.
- ☐ Pour in filling. Unroll second crust and cut into 3/4-inch strips with a sharp knife.
- ☐ Place half of dough strips across pie, spacing evenly. Arrange remaining strips in opposite direction atop first, lifting strips and weaving to form a lattice. Press ends to edge of bottom crust; trim overhang. In a bowl, whisk egg with 1 tsp. water.
- ☐ Brush over crust; sprinkle with remaining 1 tsp. sugar.
- ☐ Place pie on baking sheet in oven and bake until crust is golden brown and filling is bubbling, about 1 hour.
- ☐ Remove pie from baking sheet.
- ☐ Place on a wire rack to cool for at least 1 hour before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:11.51, Glycemic Load:29.73, Inflammation Score:-5, Nutrition Score:10.031304338704%

Flavonoids

Cyanidin: 78.17mg, Cyanidin: 78.17mg, Cyanidin: 78.17mg, Cyanidin: 78.17mg Pelargonidin: 0.7mg, Pelargonidin: 0.7mg, Pelargonidin: 0.7mg, Pelargonidin: 0.7mg Peonidin: 3.88mg, Peonidin: 3.88mg, Peonidin: 3.88mg, Peonidin: 3.88mg

3.88mg Catechin: 11.28mg, Catechin: 11.28mg, Catechin: 11.28mg, Catechin: 11.28mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 12.94mg, Epicatechin: 12.94mg, Epicatechin: 12.94mg, Epicatechin: 12.94mg Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 557.34kcal (27.87%), Fat: 15.07g (23.19%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 102.98g (34.33%), Net Carbohydrates: 96.21g (34.99%), Sugar: 64.54g (71.71%), Cholesterol: 23.25mg (7.75%), Sodium: 226.74mg (9.86%), Alcohol: 0.56g (100%), Alcohol %: 0.2% (100%), Protein: 6.81g (13.61%), Fiber: 6.76g (27.05%), Vitamin C: 18.11mg (21.95%), Manganese: 0.42mg (21.14%), Potassium: 637.64mg (18.22%), Vitamin B1: 0.22mg (14.58%), Iron: 2.44mg (13.56%), Folate: 50.5µg (12.62%), Vitamin B2: 0.21mg (12.46%), Phosphorus: 105.08mg (10.51%), Copper: 0.2mg (10.15%), Magnesium: 37.38mg (9.35%), Vitamin B3: 1.85mg (9.23%), Vitamin K: 9.33µg (8.89%), Vitamin B5: 0.83mg (8.27%), Vitamin B6: 0.16mg (8.22%), Selenium: 5.14µg (7.34%), Calcium: 47.73mg (4.77%), Vitamin A: 199.88IU (4%), Zinc: 0.51mg (3.37%), Vitamin E: 0.49mg (3.28%)