



Classic Sour Cherry Pie with Lattice Crust

READY IN



45 min.

SERVINGS



8

CALORIES



468 kcal

DESSERT

Ingredients

- ☐ 5 cups cherries dark sweet sour whole pitted (2 pounds unpitted cherries)
- ☐ 3 tablespoons cornstarch
- ☐ 5 tablespoons water ()
- ☐ 1 teaspoon cherries fresh sour (if using cherries)
- ☐ 1 tablespoon milk ()
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2.5 cups unbleached all purpose flour
- ☐ 2 tablespoons butter unsalted cut into 1/2-inch cubes ()

- ☐ 0.5 teaspoon vanilla extract
- ☐ 8 servings whipped cream

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Whisk flour, sugar, and salt in large bowl to blend.
- ☐ Add butter and rub in with fingertips until small pea-size clumps form.
- ☐ Add 5 tablespoons ice water; mix lightly with fork until dough holds together when small pieces are pressed between fingertips, adding more water by teaspoonfuls if dough is dry. Gather dough together; divide into 2 pieces. Form each piece into ball, then flatten into disk and wrap in plastic. Refrigerate at least 30 minutes. Do ahead Can be made 2 days ahead. Keep chilled.
- ☐ Let dough soften slightly before rolling out.
- ☐ Position rack in lower third of oven and preheat to 425°F.
- ☐ Whisk 1 cup sugar, cornstarch, and salt in medium bowl to blend. Stir in cherries, lemon juice, and vanilla; set aside.
- ☐ Roll out 1 dough disk on floured surface to 12-inch round.
- ☐ Transfer to 9-inch glass pie dish. Trim dough overhang to 1/2 inch.
- ☐ Roll out second dough disk on floured surface to 12-inch round. Using large knife or pastry wheel with fluted edge, cut ten 3/4-inch-wide strips from dough round.
- ☐ Transfer filling to dough-lined dish, mounding slightly in center. Dot with butter. Arrange dough strips atop filling, forming lattice; trim dough strip overhang to 1/2 inch. Fold bottom crust up over ends of strips and crimp edges to seal.

- ☐ Brush lattice crust (not edges) with milk.
- ☐ Sprinkle lattice with remaining 1 tablespoon sugar.
- ☐ Place pie on rimmed baking sheet and bake 15 minutes. Reduce oven temperature to 375°F.
- ☐ Bake pie until filling is bubbling and crust is golden brown, covering edges with foil collar if browning too quickly, about 1 hour longer.
- ☐ Transfer pie to rack and cool completely.
- ☐ Cut into wedges and serve with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:26.64, Glycemic Load:29.36, Inflammation Score:-5, Nutrition Score:10.227391217066%

Flavonoids

Cyanidin: 26.24mg, Cyanidin: 26.24mg, Cyanidin: 26.24mg, Cyanidin: 26.24mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 1.3mg, Peonidin: 1.3mg, Peonidin: 1.3mg, Peonidin: 1.3mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 4.34mg, Epicatechin: 4.34mg, Epicatechin: 4.34mg, Epicatechin: 4.34mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 468.15kcal (23.41%), Fat: 10.8g (16.61%), Saturated Fat: 6.41g (40.05%), Carbohydrates: 87.04g (29.01%), Net Carbohydrates: 83.67g (30.43%), Sugar: 50.29g (55.88%), Cholesterol: 36.79mg (12.26%), Sodium: 128.36mg (5.58%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 7.37g (14.73%), Vitamin B1: 0.36mg (23.89%), Vitamin B2: 0.39mg (22.87%), Selenium: 14.73µg (21.05%), Folate: 78.36µg (19.59%), Manganese: 0.34mg (16.8%), Fiber: 3.37g (13.47%), Phosphorus: 132.87mg (13.29%), Vitamin B3: 2.52mg (12.61%), Iron: 2.21mg (12.29%), Potassium: 370.61mg (10.59%), Calcium: 105.44mg (10.54%), Vitamin A: 424.74IU (8.49%), Vitamin C: 6.48mg (7.85%), Vitamin B5: 0.74mg (7.38%), Magnesium: 27.9mg (6.97%), Copper: 0.13mg (6.46%), Zinc: 0.81mg (5.37%), Vitamin B6: 0.09mg (4.64%), Vitamin B12: 0.27µg (4.56%), Vitamin E: 0.43mg (2.87%), Vitamin K: 2.39µg (2.28%), Vitamin D: 0.21µg (1.37%)