

## Creamy Pear Pie

READY IN



75 min.

SERVINGS



8

CALORIES



1215 kcal

DESSERT

### Ingredients

- 0.5 teaspoon almond extract
- 2 tablespoons brown sugar
- 2 tablespoons butter melted
- 0.3 cup flour all-purpose
- 0.5 teaspoon lemon extract
- 4 cups pears peeled sliced
- 1 cup heavy whipping cream sour
- 9 inch unbaked pie shell
- 0.5 teaspoon vanilla extract

0.3 cup sugar white

## Equipment

bowl

oven

## Directions

Preheat the oven to 400 degrees F (200 degrees C).

In a large bowl, stir together the white sugar and 2 tablespoons flour.

Add pears, and toss to coat. Stir in the sour cream and vanilla, lemon and almond extracts until the pears are evenly coated.

Pour into the unbaked pie shell.

In a small bowl, mix together 1/4 cup flour and brown sugar.

Mix in the butter with your fingers until the mixture is crumbly.

Sprinkle evenly over the top of the pie.

Bake for 10 minutes in the preheated oven, then reduce the temperature to 350 degrees F (175 degrees C).

Bake for an additional 45 minutes, or until pears are tender.

## Nutrition Facts



**PROTEIN 5.03%** **FAT 49.79%** **CARBS 45.18%**

## Properties

Glycemic Index:22.73, Glycemic Load:11.55, Inflammation Score:-6, Nutrition Score:18.218695661296%

## Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Isorhamnetin: 0.24mg, Isorhamnetin:

0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 1215.37kcal (60.77%), Fat: 67.23g (103.43%), Saturated Fat: 21.87g (136.69%), Carbohydrates: 137.28g (45.76%), Net Carbohydrates: 129.05g (46.93%), Sugar: 20.13g (22.37%), Cholesterol: 16.96mg (5.65%), Sodium: 964.02mg (41.91%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 15.29g (30.58%), Manganese: 1.07mg (53.32%), Vitamin B1: 0.67mg (44.35%), Folate: 172.07µg (43.02%), Iron: 6.22mg (34.57%), Fiber: 8.23g (32.9%), Vitamin B3: 6.47mg (32.34%), Vitamin B2: 0.47mg (27.9%), Selenium: 15.38µg (21.97%), Phosphorus: 198.68mg (19.87%), Vitamin K: 20.41µg (19.44%), Copper: 0.25mg (12.4%), Magnesium: 43.55mg (10.89%), Vitamin B5: 1.07mg (10.71%), Potassium: 358.11mg (10.23%), Vitamin E: 1.35mg (9.01%), Calcium: 83.3mg (8.33%), Zinc: 1.22mg (8.12%), Vitamin B6: 0.15mg (7.55%), Vitamin A: 326.68IU (6.53%), Vitamin C: 3.73mg (4.52%), Vitamin B12: 0.06µg (1.06%)