



Deep-dish Apricot Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



456 kcal

DESSERT

Ingredients

- 1 cup apricots fresh pitted peeled sliced into quarters
- 1 cup firmly brown sugar packed
- 1.5 cups apricots dried cut into 1/2-inch pieces
- 2 large eggs
- 0.8 teaspoon ground cinnamon
- 8 servings double-crust pastry
- 0.3 teaspoon salt
- 3 tablespoons butter unsalted melted

- 1 teaspoon vanilla extract
- 1.5 cups walnuts coarsely chopped
- 0.3 cup whipping cream

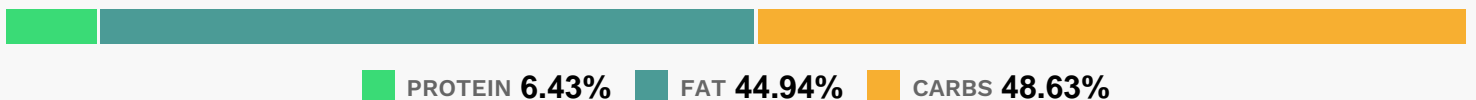
Equipment

- bowl
- oven
- whisk
- wire rack

Directions

- Whisk together first 3 ingredients in a large bowl.
- Whisk in cream and next 3 ingredients. Stir in walnuts and apricots.
- Roll pastry to 1/8-inch thickness on a lightly floured surface. Fit into a 9-inch pie plate. Spoon apricot mixture into piecrust.
- Roll remaining pastry to 1/8-inch thickness.
- Place over filling; seal and crimp edges.
- Cut slits in top to allow steam to escape.
- Bake at 375 for 1 hour, tenting if necessary. Cool on wire rack.
- Note: 3/4 cup dried apricots may be substituted for fresh.
- Pour hot water to cover; let stand 20 minutes.
- Drain apricots, and cut in half; use in addition to 1 1/2 cups dried apricots.

Nutrition Facts



Properties

Glycemic Index:17.26, Glycemic Load:9.21, Inflammation Score:-8, Nutrition Score:12.64565210757%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 455.53kcal (22.78%), Fat: 23.78g (36.58%), Saturated Fat: 6.43g (40.21%), Carbohydrates: 57.9g (19.3%), Net Carbohydrates: 53.81g (19.57%), Sugar: 42.42g (47.14%), Cholesterol: 66.19mg (22.06%), Sodium: 195.61mg (8.5%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 7.65g (15.31%), Manganese: 0.97mg (48.35%), Vitamin A: 1564.61IU (31.29%), Copper: 0.49mg (24.57%), Fiber: 4.1g (16.39%), Selenium: 10.51µg (15.01%), Potassium: 507.45mg (14.5%), Phosphorus: 143.49mg (14.35%), Iron: 2.41mg (13.4%), Magnesium: 52.02mg (13.01%), Vitamin B1: 0.19mg (12.93%), Folate: 49.02µg (12.25%), Vitamin B2: 0.2mg (11.58%), Vitamin E: 1.72mg (11.48%), Vitamin B6: 0.2mg (10.23%), Vitamin B3: 1.82mg (9.09%), Calcium: 77.49mg (7.75%), Zinc: 1.1mg (7.34%), Vitamin B5: 0.61mg (6.08%), Vitamin C: 2.52mg (3.05%), Vitamin K: 3.16µg (3.01%), Vitamin D: 0.45µg (2.99%), Vitamin B12: 0.13µg (2.2%)