



Deep-Dish Cherry Pie

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



289 kcal

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.8 teaspoon cider vinegar
- ☐ 0.3 cup cornstarch
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 6 tablespoons ice water
- ☐ 10 servings try build-a-meal
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup like-sugar calorie-free sweetener

- ☐ 1.5 tablespoons like-sugar calorie-free sweetener
- ☐ 6 tablespoons vegetable shortening
- ☐ 64 ounce tart cherries in water canned

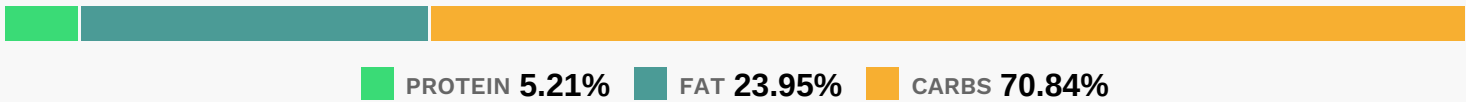
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Combine flour, 1 1/2 tablespoons sweetener, and salt.
- ☐ Cut in shortening until mixture resembles coarse meal.
- ☐ Add ice water and vinegar; toss with a fork until moist. Shape into a ball.
- ☐ Roll into a 14-inch circle on a lightly floured surface.
- ☐ Place dough in a 10-inch pieplate; press against bottom and sides of plate. Flute edges.
- ☐ Drain cherries, reserving 1 1/4 cups liquid. Set cherries aside.
- ☐ Combine reserved cherry liquid, 1/2 cup sweetener, and cornstarch in a saucepan; stir well. Cook over medium heat until very thick, stirring constantly. Stir in cherries, cinnamon, and almond extract.
- ☐ Pour mixture into pastry shell. Shield pastry with foil, and bake at 400 for 20 minutes. Reduce heat to 375; bake, unshielded, 25 to 30 minutes or until hot and bubbly.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.2, Glycemic Load:15.9, Inflammation Score:-5, Nutrition Score:7.7065217702285%

Flavonoids

Cyanidin: 54.81mg, Cyanidin: 54.81mg, Cyanidin: 54.81mg, Cyanidin: 54.81mg Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg Peonidin: 2.72mg, Peonidin: 2.72mg, Peonidin: 2.72mg, Peonidin: 2.72mg Catechin: 7.91mg, Catechin: 7.91mg, Catechin: 7.91mg, Catechin: 7.91mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 9.07mg, Epicatechin: 9.07mg, Epicatechin: 9.07mg, Epicatechin: 9.07mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 288.65kcal (14.43%), Fat: 8.3g (12.77%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 55.24g (18.41%), Net Carbohydrates: 50.22g (18.26%), Sugar: 28.34g (31.49%), Cholesterol: 0mg (0%), Sodium: 59.72mg (2.6%), Alcohol: 0.07g (100%), Alcohol %: 0.04% (100%), Protein: 4.06g (8.12%), Fiber: 5.02g (20.08%), Manganese: 0.36mg (18.03%), Vitamin C: 12.71mg (15.4%), Vitamin B1: 0.2mg (13.39%), Potassium: 440.9mg (12.6%), Folate: 42.93µg (10.73%), Selenium: 7.22µg (10.31%), Iron: 1.68mg (9.36%), Vitamin B2: 0.16mg (9.16%), Vitamin K: 8.07µg (7.69%), Copper: 0.15mg (7.53%), Vitamin B3: 1.44mg (7.22%), Magnesium: 27.61mg (6.9%), Phosphorus: 66.59mg (6.66%), Vitamin B6: 0.1mg (5.21%), Vitamin B5: 0.51mg (5.11%), Vitamin E: 0.64mg (4.26%), Calcium: 30.68mg (3.07%), Vitamin A: 116.82IU (2.34%), Zinc: 0.33mg (2.2%)