



## Deep-Dish Peach Pie

READY IN



45 min.

SERVINGS



8

CALORIES



556 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon cinnamon
- ☐ 4 tablespoons cornstarch
- ☐ 1 large egg whites lightly beaten
- ☐ 2 large egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup cooking tapioca instant
- ☐ 1 tablespoon juice of lemon
- ☐ 3 pounds peaches ripe
- ☐ 0.5 teaspoon salt

- ☐ 1 pinch salt
- ☐ 8 tablespoons shortening chilled cut into pieces
- ☐ 1 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 3 teaspoons sugar
- ☐ 8 tablespoons butter unsalted chilled cut into pieces

## Equipment

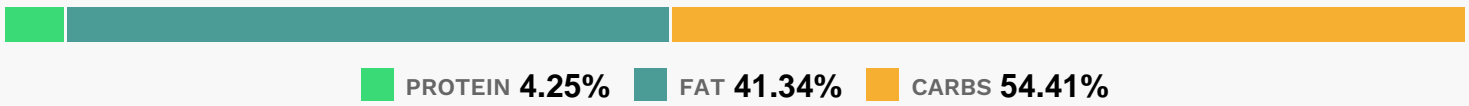
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ pot
- ☐ aluminum foil
- ☐ pie form

## Directions

- ☐ Make crust: In a food processor pulse flour, salt, cinnamon and sugar.
- ☐ Add butter and shortening; pulse until mixture resembles bread crumbs. Beat yolks with 1/4 cup ice water and pour onto flour mixture. Pulse until dough just comes together into a ball (add more ice water, 1 tsp. at a time, if dough is too dry). Flatten dough into a disk, wrap in plastic and chill for at least 30 minutes.
- ☐ Make filling: Bring a pot of water to a boil and have ready a bowl of ice water. With a knife make a few slits in skin of each peach. Drop peaches into boiling water for 1 minute, then plunge into ice water.
- ☐ Remove peaches from water and slip off skins. Quarter each peach, remove pit, and cut each quarter in half. Toss peaches with remaining filling ingredients.
- ☐ Let stand for 20 minutes, stirring occasionally.

- ☐ Preheat oven to 400F. Line a baking sheet with foil. Divide dough in half. On a lightly floured surface, roll out half of pastry to an 11-inch circle.
- ☐ Cut a 1-inch-wide strip from outer edge of pastry.
- ☐ Place trimmed pastry circle in a deep-dish 9-inch pie plate.
- ☐ Brush edge with water and place pastry strip on edge, pressing to seal. Fill with peach mixture.
- ☐ Place remaining pastry over pie dish. Press pastry together, trim any excess and crimp edges together to seal.
- ☐ Brush top of pie with beaten egg white and sprinkle with sugar. Make a few slits in top crust to allow steam to escape.
- ☐ Place pie on lined baking sheet.
- ☐ Bake for 20 minutes, then reduce heat to 375F and bake for 40 minutes, until pastry is golden brown and filling is bubbly.
- ☐ Let pie cool on a wire rack for at least 25 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:41.32, Glycemic Load:42.69, Inflammation Score:-7, Nutrition Score:10.940000031305%

## Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epigallocatechin: 1.77mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

## Nutrients (% of daily need)

Calories: 556.11kcal (27.81%), Fat: 26.15g (40.24%), Saturated Fat: 10.88g (68%), Carbohydrates: 77.44g (25.81%), Net Carbohydrates: 73.88g (26.86%), Sugar: 42.41g (47.13%), Cholesterol: 76mg (25.33%), Sodium: 184.55mg (8.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.09%), Selenium: 17.8µg (25.43%), Vitamin B1:

0.3mg (19.84%), Vitamin A: 966.51IU (19.33%), Folate: 74.57µg (18.64%), Manganese: 0.37mg (18.39%), Vitamin E: 2.49mg (16.59%), Vitamin B3: 3.23mg (16.16%), Vitamin B2: 0.26mg (15.18%), Fiber: 3.57g (14.28%), Vitamin K: 13.09µg (12.47%), Iron: 2.22mg (12.31%), Copper: 0.19mg (9.47%), Vitamin C: 7.71mg (9.34%), Phosphorus: 92.56mg (9.26%), Potassium: 259.39mg (7.41%), Vitamin B5: 0.64mg (6.38%), Magnesium: 21.82mg (5.45%), Zinc: 0.73mg (4.88%), Vitamin B6: 0.07mg (3.66%), Vitamin D: 0.44µg (2.93%), Calcium: 23.82mg (2.38%), Vitamin B12: 0.11µg (1.84%)