



Deep-Dish Peach Pie with Pecan Streusel Topping

READY IN



45 min.

SERVINGS



8

CALORIES



574 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter unsalted diced chilled ()
- ☐ 0.3 cup brown sugar packed ()
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3.5 tablespoons ice water ()
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.5 cup old-fashioned oats

- ☐ 3.8 pounds peaches with vegetable peeler, halved, pitted, cut into 1-inch wedges peeled
- ☐ 0.8 cup pecans coarsely chopped
- ☐ 2 tablespoons quick-cooking tapioca
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1.5 cups unbleached all purpose flour
- ☐ 0.3 cup non-hydrogenated vegetable shortening diced frozen

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

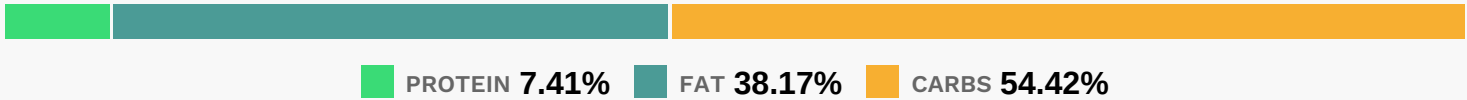
Directions

- ☐ Stir flour, oats, sugar, and salt in medium bowl.
- ☐ Add butter; rub in with fingertips until mixture holds together in moist clumps.
- ☐ Mix in pecans. DO AHEAD: Can be made 1 day ahead. Cover; chill.
- ☐ Blend flour, sugar, and salt in processor 5 seconds.
- ☐ Add butter and shortening. Using on/off turns, blend until mixture resembles very coarse meal.
- ☐ Drizzle 3 1/2 tablespoons water over. Blend until moist clumps form, adding more water by teaspoonfuls if dry. Gather dough into ball; flatten into disk. Wrap; chill at least 1 hour. DO AHEAD: Can be made 1 day ahead. Keep chilled. If necessary, soften dough slightly at room temperature before rolling out.
- ☐ Roll out dough on floured work surface to 14-inch round; transfer to 9-inch deep-dish pie plate.
- ☐ Cut off all but 1/2 inch overhang. Fold overhang in; crimp edge. Chill crust.
- ☐ Stir sugar and next 4 ingredients in large bowl.
- ☐ Mix in lemon juice, then peaches; toss.
- ☐ Let stand at least 20 minutes, tossing occasionally.

- ☐
- Set rack at lowest position in oven.Slide foil-lined baking sheet under rack ontooven floor (to catch any drips). Preheat ovento 400°F. Spoon filling into crust. Scattertopping over, breaking up large clumps.

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Nutrition Facts



Properties

Glycemic Index:30.64, Glycemic Load:23.36, Inflammation Score:-10, Nutrition Score:21.79086919712%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 574.14kcal (28.71%), Fat: 25.5g (39.23%), Saturated Fat: 8.42g (52.63%), Carbohydrates: 81.78g (27.26%), Net Carbohydrates: 71.1g (25.86%), Sugar: 28.14g (31.26%), Cholesterol: 22.58mg (7.53%), Sodium: 250.68mg (10.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.29%), Vitamin A: 11065.65IU (221.31%), Manganese: 1.34mg (66.99%), Fiber: 10.67g (42.69%), Vitamin B1: 0.53mg (35.39%), Vitamin C: 22.6mg (27.39%), Folate: 108.87µg (27.22%), Vitamin B3: 4.23mg (21.15%), Iron: 3.67mg (20.38%), Phosphorus: 200.57mg (20.06%), Vitamin B2: 0.32mg (19.05%), Magnesium: 75.94mg (18.98%), Copper: 0.37mg (18.64%), Potassium: 550.04mg (15.72%), Selenium: 10.95µg (15.64%), Vitamin B6: 0.24mg (12.21%), Zinc: 1.75mg (11.67%), Calcium: 78.78mg (7.88%), Vitamin B5: 0.67mg (6.7%), Vitamin E: 0.98mg (6.52%), Vitamin K: 5.83µg (5.56%), Vitamin D: 0.16µg (1.05%)