



## Deep Dish Plum and Almond Pie

READY IN



180 min.

SERVINGS



8

CALORIES



686 kcal

DESSERT

### Ingredients

- 1.5 cups almonds with skin, plus 1/4 cup for top sliced
- 1.5 teaspoons anise seeds
- 0.8 cup confectioners' sugar
- 1 cup confectioners' sugar
- 1 large eggs
- 1.8 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 8 servings ice cream
- 0.8 pound angeleno plums italian pitted halved quartered ( 10)

- 0.8 teaspoon salt fine
- 6 tablespoons butter unsalted sliced at room temperature
- 10 tablespoons butter unsalted sliced at room temperature ()
- 1 teaspoon vanilla extract pure
- 8 servings whipped cream

## Equipment

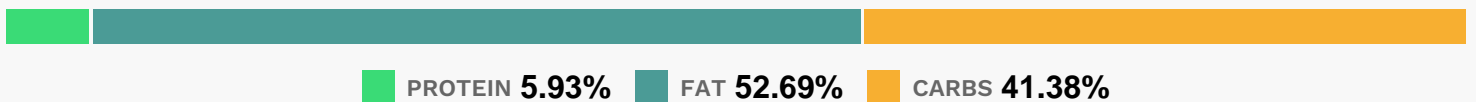
- food processor
- bowl
- frying pan
- oven
- aluminum foil
- mortar and pestle
- offset spatula

## Directions

- Watch how to make this recipe.
- Special equipment: 9-inch spring form pan
- If using the anise seeds, lightly toast them in skillet over medium heat until aromatic, 2 minutes. Grind in a spice mill or mortar and pestle until fine.
- Combine the butter and sugar in a food processor until creamy.
- Add the egg, anise seed if using, vanilla and salt and pulse to combine. (This may look rough and curdy, but don't worry, it all comes back together.)
- Add about half of the flour and pulse quickly 3 to 4 times to incorporate. Scrape down the edges of the processor and add the remaining flour. Pulse just enough to make a coarse, crumbly dough. Press dough into the bottom and up the sides of a 9-inch spring form pan to form a thin, even layer (see photo), using waxed paper to smooth. Freeze crust while you prepare the filling.;
- Pulse 1 1/4 cup almonds in a food processor until very finely ground (take care not to over process the nuts or they can get oily).

- Transfer nuts to a bowl. In the same processor, combine the butter and sugar until smooth.
- Add the cinnamon and continue to pulse until evenly combined. Scrape down the sides of the bowl and pulse in the egg.
- Add the reserved almonds and pulse until just blended. Arrange the plums cut side down, over the crust.
- Spread the filling on top and smooth with a small offset spatula.
- Sprinkle with the remaining almonds and place in the freezer for 30 minutes. Preheat oven to 350 degrees F.
- Bake pie until the filling puffs and is golden but still slightly soft in the center, 1 hour 15 minutes for a glass bottomed pan, or 1 hour 30 minutes for an aluminum pan. If the crust begins to over brown, cover the pie with foil during the last 15 minutes of cooking. When pie is done, turn off the oven and prop door open. Cool pie in the oven for 15 minutes, then transfer to a rack to cool completely.
- Serve at room temperature with ice cream or lightly sweetened whipped cream.;
- Pie can be assembled and frozen up to 2 weeks in advance.
- Bake frozen pie for about 1 1/2 hours. -
- Baked pie can be tightly wrapped and refrigerated for up to 2 days, or frozen for up to 2 weeks. Bring to room temperature before serving.

## Nutrition Facts



## Properties

Glycemic Index:31.21, Glycemic Load:26.54, Inflammation Score:-7, Nutrition Score:15.004782676697%

## Flavonoids

Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

## Nutrients (% of daily need)

Calories: 685.83kcal (34.29%), Fat: 40.95g (63.01%), Saturated Fat: 20.6g (128.74%), Carbohydrates: 72.38g (24.13%), Net Carbohydrates: 68.3g (24.84%), Sugar: 45.29g (50.33%), Cholesterol: 117.05mg (39.02%), Sodium: 284.61mg (12.37%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 10.38g (20.76%), Vitamin E: 5.5mg (36.65%), Vitamin B2: 0.55mg (32.34%), Manganese: 0.64mg (32.21%), Vitamin A: 1200.85IU (24.02%), Phosphorus: 214.8mg (21.48%), Vitamin B1: 0.3mg (19.76%), Selenium: 13.63µg (19.47%), Magnesium: 67.56mg (16.89%), Folate: 67.06µg (16.76%), Fiber: 4.07g (16.29%), Calcium: 157.94mg (15.79%), Copper: 0.27mg (13.61%), Iron: 2.33mg (12.92%), Vitamin B3: 2.53mg (12.64%), Potassium: 385.22mg (11.01%), Zinc: 1.38mg (9.21%), Vitamin B5: 0.79mg (7.9%), Vitamin B12: 0.38µg (6.3%), Vitamin C: 4.52mg (5.48%), Vitamin K: 5.13µg (4.89%), Vitamin B6: 0.1mg (4.82%), Vitamin D: 0.7µg (4.67%)