



## Dried Apricot Pie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



265 kcal

DESSERT

## Ingredients

- 1 tablespoon cornstarch
- 18 ounces apricot dried
- 1 tablespoon orange liqueur
- 1.8 cups water
- 1.8 cups granulated sugar white

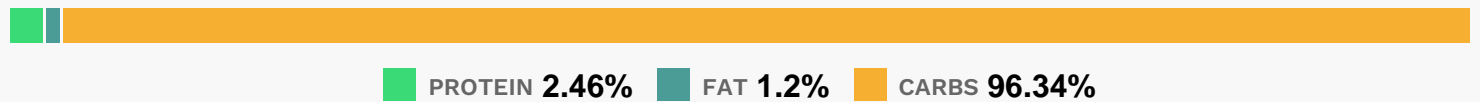
## Equipment

- sauce pan
- oven

## Directions

- Preheat oven to 400 degrees F (205 degrees C).
- Slice the dried apricots in half. Rinse them with water.
- Place them in a sauce pan with the water, bring to a boil and cook for 5 minutes.
- Combine the cornstarch with the orange liqueur and about 1 tablespoon of the apricots' cooking liquid.
- Mix until smooth then stir into the cooked apricots.
- Add the white sugar and combine.
- Pour mixture into the unbaked pie shell and seal with the top crust.
- Brush milk over top crust for color, if desired.
- Bake at 400 degrees F (205 degrees C) for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:10.35, Glycemic Load:33.86, Inflammation Score:-8, Nutrition Score:6.0860869262529%

## Nutrients (% of daily need)

Calories: 265.4kcal (13.27%), Fat: 0.38g (0.58%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 68.02g (22.67%), Net Carbohydrates: 64.29g (23.38%), Sugar: 62.66g (69.63%), Cholesterol: 0mg (0%), Sodium: 7.72mg (0.34%), Alcohol: 0.39g (100%), Alcohol %: 0.38% (100%), Protein: 1.73g (3.47%), Vitamin A: 1839.09IU (36.78%), Potassium: 593.11mg (16.95%), Fiber: 3.73g (14.93%), Vitamin E: 2.21mg (14.73%), Copper: 0.19mg (9.26%), Iron: 1.38mg (7.66%), Vitamin B3: 1.32mg (6.62%), Manganese: 0.12mg (6.1%), Magnesium: 16.81mg (4.2%), Vitamin B6: 0.07mg (3.65%), Phosphorus: 36.42mg (3.64%), Calcium: 29.69mg (2.97%), Vitamin B5: 0.26mg (2.63%), Vitamin B2: 0.04mg (2.62%), Selenium: 1.36µg (1.94%), Vitamin K: 1.58µg (1.51%), Zinc: 0.21mg (1.38%), Folate: 5.1µg (1.28%)