



WHATSheATE



Dried Peach Pie with Crumbled Cookie Crust

READY IN



90 min.

SERVINGS



8

CALORIES



368 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted plus more for pan)
- ☐ 1 cup granulated sugar divided ()
- ☐ 0.1 teaspoon kosher salt for the filling plus a pinch)
- ☐ 16 ounce peaches dried
- ☐ 8 servings powdered sugar as needed for sprinkling ()
- ☐ 7 ounce shortbread cookies (broken up)
- ☐ 1 teaspoon vanilla extract divided ()
- ☐ 0.5 cup water
- ☐ 2 cup milk whole

- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cardamom

Equipment

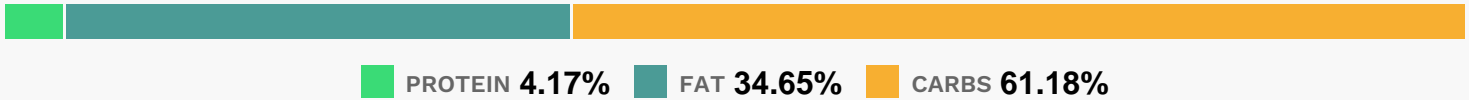
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pie form

Directions

- ☐ Prepare the crust: In the bowl of a food processor set with the meta blade, pulse the cookies, ¼ cup sugar and 1/8 teaspoon salt until sandy in texture, then add the melted butter and pulse a few more times to combine. Turn out the mixture into a buttered 9½-inch deep-dish pie plate, pressing evenly onto the sides and bottom to form a crust with uniform thickness. Freeze the crust and, just before filling and baking, run a pairing knife around the top edge to trim the cookie crust cleanly. Prepare the peaches: In a large sauté pan, combine the dried peach slices with 1 tablespoon sugar, cardamom, vanilla and water. Gently simmer until the apples have absorbed the water and are plumped.
- ☐ Remove the peaches from the pan and set aside to cool. Meanwhile, prepare the custard filling: In a large bowl, whisk together the remaining 3/4 cup sugar, flour and a pinch of salt.
- ☐ Add the eggs and ½ teaspoon vanilla, and whisk until incorporated.
- ☐ Whisk in the milk until completely combined. Set aside. Prepare the peaches: In a large sauté pan, combine the dried peach slices with the remaining 3/4 cup sugar, cardamom, remaining ½ teaspoon vanilla and water. Gently warm over low heat until the peaches have absorbed the water and are plumped.
- ☐ Heat the oven to 350 degrees. If there is any excess liquid with the peaches, discard the liquid, and arrange or scatter the peaches in the bottom of the prepared frozen crust.
- ☐ Pour the custard filling over the peaches, leaving one-eighth inch of crust at the top. Do not overfill, save any additional custard filling for another use.

Place the pie on the bottom rack of the oven and bake until the custard starts to brown on top and a knife inserted into the center comes out clean, about 1 hour, (depending on the type of pie dish). The finished pie will still jiggle slightly when remove from the oven but will set as it cools.Cool the pie on a rack, then sprinkle with powdered sugar and serve warm.

Nutrition Facts



Properties

Glycemic Index:32.79, Glycemic Load:30.42, Inflammation Score:-4, Nutrition Score:5.7747826057932%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 367.59kcal (18.38%), Fat: 14.44g (22.21%), Saturated Fat: 6.8g (42.51%), Carbohydrates: 57.35g (19.12%), Net Carbohydrates: 56.18g (20.43%), Sugar: 45.89g (50.99%), Cholesterol: 22.57mg (7.52%), Sodium: 201.26mg (8.75%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 3.91g (7.82%), Vitamin B2: 0.19mg (11.11%), Vitamin A: 482.26IU (9.65%), Phosphorus: 92.19mg (9.22%), Vitamin B1: 0.14mg (9.05%), Calcium: 83.08mg (8.31%), Vitamin E: 1.21mg (8.09%), Manganese: 0.15mg (7.29%), Vitamin B3: 1.34mg (6.7%), Selenium: 4.16µg (5.94%), Folate: 23.71µg (5.93%), Vitamin B12: 0.34µg (5.69%), Potassium: 185.61mg (5.3%), Iron: 0.95mg (5.29%), Vitamin K: 5.11µg (4.87%), Fiber: 1.17g (4.69%), Vitamin D: 0.67µg (4.47%), Vitamin B5: 0.4mg (3.97%), Magnesium: 15.68mg (3.92%), Copper: 0.07mg (3.61%), Vitamin B6: 0.07mg (3.47%), Zinc: 0.51mg (3.43%), Vitamin C: 2.32mg (2.82%)