



## Drupey Pie

 Vegetarian

READY IN



110 min.

SERVINGS



8

CALORIES



154 kcal

DESSERT

### Ingredients

- 3 apricots fresh pitted sliced
- 2 tablespoons butter cut into pieces
- 2 cups cherries sour pitted
- 1 tablespoon cornstarch
- 1 egg yolk
- 2 tablespoons flour all-purpose
- 1 pinch ground cinnamon
- 7 tablespoons water

- 3 nectarines pitted chopped
- 1 teaspoon salt
- 0.6 cup sugar
- 1 teaspoon water

## Equipment

- bowl
- oven
- whisk
- colander
- pastry brush
- pie form

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Place cherries, nectarines and apricots into a colander to drain off any excess liquid.
- To Make Dough: In a medium bowl, combine flour and salt.
- Cut 3/4 cup of butter into flour mixture until it resembles coarse crumbs.
- Pour in one tablespoon of water at a time until the dough sticks together.
- Add additional water if necessary. Divide dough into two parts.
- Roll out one half to a circle 1/8 of an inch thick, then place in a 9 inch pie pan.
- Roll out the other half of the dough and cut into long strips about 1/2 inch wide. Set aside.
- Place the drained fruit mixture into a medium bowl, Stir in the sugar, cinnamon, cornstarch and flour; pour into the prepared pie pan. Dot with the remaining two tablespoons of butter. Arrange the pastry strips into a lattice top and crimp edges. In a small bowl, whisk together the egg yolk and teaspoon of water, and use a pastry brush to coat just the lattice strips-- not the edges.
- Bake in the preheated oven and bake for 25 minutes, until the crust begins to brown. Reduce the heat to 350 degrees F (175 degrees C) and bake for an additional 20 to 25 minutes.
- Remove from oven and let cool a bit before serving.

# Nutrition Facts

PROTEIN 4.25% FAT 20.95% CARBS 74.8%

## Properties

Glycemic Index:29.58, Glycemic Load:4.35, Inflammation Score:-4, Nutrition Score:3.5465217310449%

## Flavonoids

Cyanidin: 11.56mg, Cyanidin: 11.56mg, Cyanidin: 11.56mg, Cyanidin: 11.56mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.7mg, Epicatechin: 3.7mg, Epicatechin: 3.7mg, Epicatechin: 3.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Nutrients (% of daily need)

Calories: 154.18kcal (7.71%), Fat: 3.72g (5.73%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 28.05g (10.2%), Sugar: 25.35g (28.17%), Cholesterol: 31.83mg (10.61%), Sodium: 322.61mg (14.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Vitamin A: 571.64IU (11.43%), Fiber: 1.86g (7.43%), Vitamin C: 5.27mg (6.39%), Potassium: 190.37mg (5.44%), Manganese: 0.09mg (4.49%), Vitamin B3: 0.84mg (4.21%), Copper: 0.08mg (4.17%), Vitamin E: 0.61mg (4.04%), Phosphorus: 36.05mg (3.61%), Vitamin B1: 0.05mg (3.35%), Vitamin B2: 0.05mg (3.14%), Folate: 12.58µg (3.14%), Iron: 0.55mg (3.06%), Selenium: 1.97µg (2.82%), Vitamin B5: 0.28mg (2.78%), Magnesium: 11mg (2.75%), Vitamin K: 2.5µg (2.38%), Vitamin B6: 0.05mg (2.31%), Zinc: 0.24mg (1.59%), Calcium: 14.02mg (1.4%)