



Dutch Pear Pie

READY IN



100 min.

SERVINGS



8

CALORIES



592 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup butter
- 1 eggs beaten
- 1 cup flour all-purpose
- 1 tablespoon flour all-purpose
- 0.5 cup granulated sugar
- 3 cups pears fresh coarsely chopped (2 to 3 medium pears)
- 1 box pie crust dough refrigerated softened
- 1 cup cream sour

1 teaspoon vanilla

Equipment

bowl

oven

blender

aluminum foil

Directions

Heat oven to 425F. Make pie crust as directed on box for One-Crust

Baked Shell using 9-inch glass pie plate; do not prick crust. Carefully line pastry with a double thickness of foil, gently pressing foil to bottom and side of pastry.

Let foil extend over edge to prevent excessive browning.

Bake 10 minutes. Carefully remove foil; bake 2 to 4 minutes longer or until pastry just begins to brown and has become set. If crust bubbles, gently push bubbles down with back of spoon.

Meanwhile, in medium bowl, mix filling ingredients.

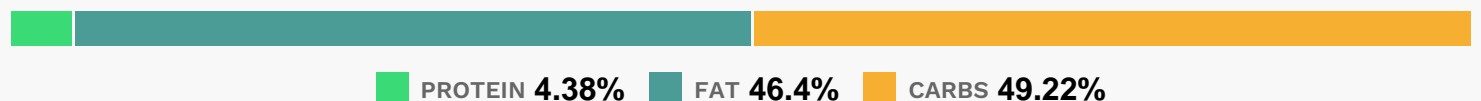
Pour into warm baked pie shell.

In medium bowl, mix crumb topping ingredients with pastry blender or fork until mixture looks like fine crumbs; sprinkle topping evenly over filling.

Reduce oven temperature to 350F.

Bake 40 to 50 minutes or until top is light golden brown. After 30 minutes of baking, cover top of pie with foil to prevent excessive browning. Cool at least 30 minutes before serving. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:32.11, Glycemic Load:20.55, Inflammation Score:-6, Nutrition Score:9.0634783454563%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 591.81kcal (29.59%), Fat: 30.84g (47.45%), Saturated Fat: 9.56g (59.77%), Carbohydrates: 73.63g (24.54%), Net Carbohydrates: 70.06g (25.48%), Sugar: 32.81g (36.45%), Cholesterol: 37.42mg (12.47%), Sodium: 359.97mg (15.65%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 6.55g (13.09%), Vitamin B1: 0.28mg (18.95%), Manganese: 0.38mg (18.9%), Folate: 74.13µg (18.53%), Selenium: 11.52µg (16.45%), Vitamin B2: 0.26mg (15.53%), Vitamin A: 731.89IU (14.64%), Fiber: 3.57g (14.28%), Iron: 2.4mg (13.32%), Vitamin B3: 2.48mg (12.38%), Phosphorus: 97.72mg (9.77%), Calcium: 65.38mg (6.54%), Vitamin K: 6.8µg (6.48%), Copper: 0.13mg (6.38%), Vitamin E: 0.92mg (6.13%), Potassium: 205.02mg (5.86%), Vitamin B5: 0.52mg (5.16%), Magnesium: 20.63mg (5.16%), Vitamin B6: 0.08mg (3.9%), Zinc: 0.57mg (3.82%), Vitamin C: 2.88mg (3.49%), Vitamin B12: 0.12µg (2.06%)