



Free-Form Pear Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



334 kcal

DESSERT

Ingredients

- ☐ 5 cups purée of usa bartlett pear peeled coarsely chopped (5 medium)
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon juice of lemon
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 0.1 teaspoon salt

☐ 0.3 cup sugar

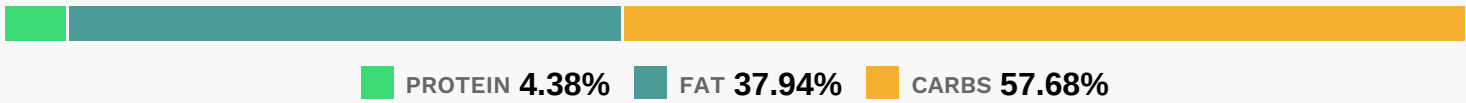
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 42
- ☐ Roll dough into a 14-inch circle on a lightly floured surface.
- ☐ Place dough on a baking sheet lined with parchment paper.
- ☐ Combine pear and next 6 ingredients (through salt); toss well. Arrange pear mixture in center of dough, leaving a 3-inch border. Fold edges of the dough toward center, pressing gently to seal (dough will only partially cover pear mixture). Lightly coat with cooking spray, and sprinkle evenly with 1 tablespoon sugar.
- ☐ Bake at 425 for 20 minutes on lowest oven rack. Reduce oven temperature to 350 (do not remove from oven); bake an additional 15 minutes or until fruit is tender and crust is golden brown. Cool on a wire rack.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:5.32, Inflammation Score:-2, Nutrition Score:5.4499999543895%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 333.71kcal (16.69%), Fat: 14.01g (21.56%), Saturated Fat: 4.34g (27.13%), Carbohydrates: 47.94g (15.98%), Net Carbohydrates: 43.8g (15.93%), Sugar: 16.23g (18.03%), Cholesterol: 0mg (0%), Sodium: 254.97mg (11.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Manganese: 0.33mg (16.73%), Fiber: 4.14g (16.56%), Folate: 42.86µg (10.71%), Vitamin B1: 0.16mg (10.48%), Iron: 1.61mg (8.97%), Vitamin B3: 1.59mg (7.97%), Vitamin K: 7.25µg (6.9%), Vitamin B2: 0.11mg (6.7%), Vitamin C: 4.58mg (5.55%), Copper: 0.11mg (5.53%), Phosphorus: 48.53mg (4.85%), Selenium: 3.23µg (4.61%), Potassium: 145.94mg (4.17%), Magnesium: 13.83mg (3.46%), Vitamin B5: 0.26mg (2.56%), Vitamin B6: 0.05mg (2.56%), Vitamin E: 0.36mg (2.37%), Zinc: 0.32mg (2.13%), Calcium: 20.29mg (2.03%)