



Freezer Peach Pie Filling

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



8

CALORIES



102 kcal

DESSERT

Ingredients

- 1 tablespoon cornstarch
- 1 tablespoon minute tapioca
- 1 dash nutmeg
- 2.5 cups peaches sliced
- 0.8 cup sugar white

Equipment

- bowl
- oven

- aluminum foil
- ziploc bags

Directions

- Place sliced peaches in a bowl with sugar, cornstarch, tapioca, and nutmeg. Toss until evenly coated and sugar is mostly dissolved.
- Transfer peaches to a 9 inch foil-lined pie plate. Cover with another piece of foil and freeze immediately to prevent peaches from discoloring. Once frozen solid, remove peaches from pie plate, with foil, and transfer to a zipper locked plastic bag for later use. When ready to use, line a pie plate with prepared crust and place frozen peaches on top.
- Preheat oven to 450 degrees F (230 degrees C).
- Bake in the preheated oven on the bottom rack for 20 minutes. Lower heat to 350 degrees F (175 degrees C) and continue baking for another 30 to 35 minutes, or until completely warmed through.

Nutrition Facts

PROTEIN 1.67% **FAT 1.98%** **CARBS 96.35%**

Properties

Glycemic Index:22.54, Glycemic Load:14.78, Inflammation Score:-1, Nutrition Score:1.2813043561967%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 101.87kcal (5.09%), Fat: 0.24g (0.36%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 25g (9.09%), Sugar: 22.79g (25.32%), Cholesterol: 0mg (0%), Sodium: 6.55mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin A: 157.01IU (3.14%), Fiber: 0.76g (3.03%), Vitamin C: 1.98mg (2.4%), Vitamin E: 0.35mg (2.34%), Copper: 0.04mg (2.03%), Vitamin B3: 0.39mg (1.95%), Manganese: 0.03mg (1.71%), Potassium: 59.56mg (1.7%), Selenium: 1.15µg (1.65%), Vitamin K: 1.44µg (1.38%), Phosphorus: 10.98mg (1.1%), Vitamin B2: 0.02mg (1.09%), Magnesium: 4.11mg (1.03%), Iron: 0.18mg (1.01%)