

Taste of Home

Fresh Apricot Pie

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



189 kcal

DESSERT

Ingredients

- 1.8 pounds apricots fresh sliced
- 1 tablespoon juice of lemon
- 1 cup sugar
- 0.3 cup flour all-purpose
- 1 pinch nutmeg
- 1 serving dough for double-crust pie (9 inches)
- 1 serving milk
- 1 serving p of sugar

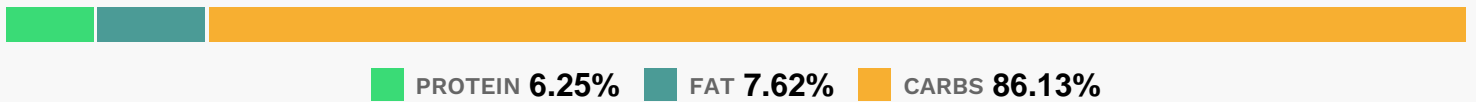
Equipment

- bowl
- oven
- wire rack
- aluminum foil

Directions

- Preheat oven to 375°. In a large bowl, sprinkle apricots with lemon juice.
- Combine sugar, flour and nutmeg.
- Add to apricots, toss gently to coat.
- Line a 9-in. pie plate with bottom pastry; trim to 1 in. beyond edge of pie plate.
- Add filling.
- Roll out remaining pastry to make a lattice crust. Trim, seal and flute edges.
- Brush with milk and sprinkle with additional sugar.
- Cover edges of pastry loosely with foil.
- Bake 45–55 minutes or until crust is golden brown and filling is bubbly. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:41.59, Glycemic Load:25.11, Inflammation Score:-8, Nutrition Score:6.6673912691033%

Flavonoids

Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg 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 Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 189.31kcal (9.47%), Fat: 1.69g (2.59%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 42.88g (14.29%), Net Carbohydrates: 40.68g (14.79%), Sugar: 35.69g (39.65%), Cholesterol: 3.66mg (1.22%), Sodium: 24.45mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Vitamin A: 1960.69IU (39.21%), Vitamin C: 10.65mg (12.91%), Potassium: 312.94mg (8.94%), Fiber: 2.2g (8.81%), Vitamin B2: 0.12mg (7.1%), Vitamin B1: 0.1mg (6.76%), Manganese: 0.13mg (6.46%), Phosphorus: 61.45mg (6.14%), Vitamin E: 0.91mg (6.04%), Folate: 21.02µg (5.26%), Calcium: 52.05mg (5.2%), Vitamin B3: 1.03mg (5.17%), Copper: 0.09mg (4.55%), Selenium: 3.15µg (4.5%), Iron: 0.72mg (4.01%), Magnesium: 15.43mg (3.86%), Vitamin B5: 0.38mg (3.84%), Vitamin B6: 0.08mg (3.81%), Vitamin K: 3.44µg (3.28%), Vitamin B12: 0.16µg (2.74%), Zinc: 0.38mg (2.52%), Vitamin D: 0.34µg (2.24%)