

Fresh Peach Pie I

READY IN



45 min.

SERVINGS



10

CALORIES



959 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 tablespoons cornstarch
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 cups peaches fresh pitted mashed
- ☐ 4 cups peaches – fresh pitted sliced
- ☐ 9 inch pie shell
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water
- ☐ 1 cup sugar white

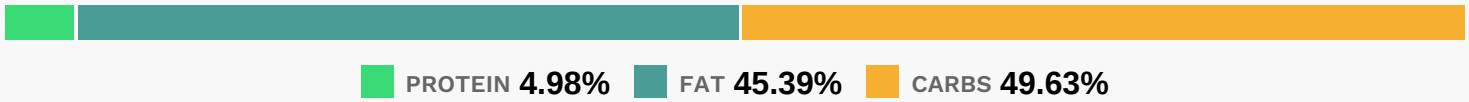
Equipment

- ☐ sauce pan

Directions

- ☐ Combine sugar, water, cornstarch, butter or margarine, mashed peaches, and nutmeg in a saucepan. Cook over medium heat until clear and thick. Stir in vanilla.
- ☐ Fill pie shell with sliced fresh peaches, alternating with the glaze. Refrigerate.

Nutrition Facts



Properties

Glycemic Index:27.06, Glycemic Load:17.17, Inflammation Score:-6, Nutrition Score:14.44173902176%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 959kcal (47.95%), Fat: 48.39g (74.45%), Saturated Fat: 15.44g (96.48%), Carbohydrates: 119.04g (39.68%), Net Carbohydrates: 113.12g (41.13%), Sugar: 27.78g (30.86%), Cholesterol: 3.01mg (1%), Sodium: 758.27mg (32.97%), Alcohol: 0.14g (100%), Alcohol %: 0.06% (100%), Protein: 11.95g (23.9%), Manganese: 0.86mg (42.82%), Vitamin B1: 0.52mg (34.5%), Folate: 131.62µg (32.91%), Vitamin B3: 5.61mg (28.04%), Iron: 5.02mg (27.88%), Fiber: 5.92g (23.67%), Vitamin B2: 0.34mg (19.96%), Selenium: 12.4µg (17.72%), Vitamin K: 16.01µg (15.25%), Phosphorus: 150.71mg (15.07%), Copper: 0.21mg (10.62%), Vitamin E: 1.53mg (10.23%), Vitamin B5: 0.87mg (8.72%), Magnesium: 34.75mg (8.69%), Potassium: 288.9mg (8.25%), Zinc: 1.03mg (6.87%), Vitamin A: 338.06IU (6.76%), Vitamin B6: 0.11mg (5.67%), Vitamin C: 3.79mg (4.59%), Calcium: 38.97mg (3.9%)