



Fresh Peaches and Cream Rustic Pie

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



480 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.8 cup butter unsalted frozen chilled cut into small pieces, or
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups flour
- ☐ 2 tablespoons flour
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 3 cups peaches pitted peeled sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar recommended: turbinado
- ☐ 1 tablespoon butter unsalted cold cut into pieces
- ☐ 4 tablespoons water ice cold
- ☐ 6 servings whipped cream fresh for garnish

Equipment

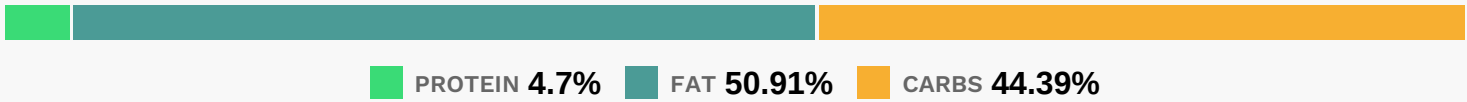
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ aluminum foil
- ☐ stand mixer
- ☐ rolling pin

Directions

- ☐ Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or foil.
- ☐ Stir together the peaches, brown sugar, flour, cinnamon, nutmeg, and lemon juice in a large bowl until combined.
- ☐ On a well-floured surface, using a lightly floured rolling pin, roll out the pie dough into a large circle, about 12 to 14 inches in diameter. Move the dough circle to the prepared baking sheet. Chill the rolled-out dough in the refrigerator until firm, about 15 minutes. Spoon the fruit mixture onto the center of the dough leaving a 1-inch border. Fold the edges of the dough over the fruit, pleating the dough, then dot the fruit filling with the butter pieces. Lightly brush the dough with the beaten egg, and sprinkle with sugar.

- ☐ Bake the pie until the crust is golden brown and the filling is bubbling, 25 to 30 minutes. Cover if the crust browns too quickly. Allow the pie to cool slightly.
- ☐ Serve warm with vanilla bean ice cream or alongside fresh whipped cream.
- ☐ In a mixing bowl, mix together the flour and the salt; cut or work the butter into the flour with your fingers or with a pastry blender until you have large pea-size chunks scattered throughout. Alternatively, pulse the dough in a food processor, or mix in a stand mixer with the paddle attachment on low speed.
- ☐ Add the ice water slowly while stirring with a fork, or in the food processor or mixer, until just combined. Be careful not to overwork the dough. Divide the dough into 2 disks, flatten and refrigerate each for at least 15 minutes.

Nutrition Facts



Properties

Glycemic Index:53.38, Glycemic Load:21.73, Inflammation Score:-7, Nutrition Score:9.4026087885318%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 479.5kcal (23.98%), Fat: 27.61g (42.48%), Saturated Fat: 16.96g (105.97%), Carbohydrates: 54.16g (18.05%), Net Carbohydrates: 51.89g (18.87%), Sugar: 26.28g (29.2%), Cholesterol: 101.58mg (33.86%), Sodium: 225.91mg (9.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.48%), Selenium: 16.24µg (23.2%), Vitamin A: 1105.74IU (22.11%), Vitamin B1: 0.29mg (19.43%), Folate: 72.17µg (18.04%), Manganese: 0.35mg (17.73%), Vitamin B2: 0.24mg (14.33%), Vitamin B3: 2.66mg (13.32%), Iron: 2.15mg (11.95%), Vitamin E: 1.43mg (9.55%), Fiber: 2.27g (9.07%), Phosphorus: 83.94mg (8.39%), Copper: 0.13mg (6.65%), Potassium: 186.86mg (5.34%), Vitamin C: 4.14mg (5.02%), Vitamin B5: 0.47mg (4.74%), Vitamin K: 4.8µg (4.58%), Calcium: 45.68mg (4.57%), Magnesium: 18.14mg (4.54%), Vitamin D: 0.65µg (4.34%), Zinc: 0.59mg (3.91%), Vitamin B6: 0.06mg (3.05%), Vitamin B12: 0.14µg

(2.4%)