



Greg's Hot Peach Pie

 Vegetarian

READY IN



100 min.

SERVINGS



8

CALORIES



230 kcal

DESSERT

Ingredients

- 0.3 cup flour all-purpose
- 6 large peaches fresh pitted peeled sliced
- 3 habanero peppers minced seeded to taste (wear gloves)
- 0.5 teaspoon salt
- 0.3 cup butter unsalted softened
- 1 cup sugar white

Equipment

- food processor

- bowl
- oven
- plastic wrap
- pie form

Directions

- Place 1 1/2 cup of flour and the salt into the work bowl of a food processor, and pulse briefly once or twice to combine.
- Add 9 tablespoons of chilled unsalted butter, and pulse 4 or 5 times, a few seconds per time, until the mixture looks like coarse crumbs. With the machine running, drizzle the peach nectar into the dough, 1 tablespoon at a time, until the dough gathers itself into a crumbly mass.
- Transfer the dough into a bowl, form into a ball, and wrap it in plastic wrap. Refrigerate to hydrate the dough, about 30 minutes.
- Preheat oven to 350 degrees F (175 degrees C).
- Place the 4 chopped peaches into the food processor, and pulse to puree, about 1 minute.
- Add the minced habanero peppers, 1 teaspoon at a time, and puree until smooth.
- Place the remaining 6 sliced peaches into a bowl, and toss lightly with the habanero puree.
- In a bowl, mix 1/3 cup of flour, the white sugar, and 1/4 cup of softened unsalted butter until it forms a crumbly mixture; set the streusel aside.
- Cut the dough in half, and roll each half into a circle about 10 inches in diameter. Fit one dough circle into a 9-inch pie dish.
- Pour the peach-habanero filling into the bottom pie crust, and sprinkle with the crumbly sugar streusel. Fit the top crust onto the pie, and crimp with a fork to seal the edges.
- Cut several slits into the top crust for venting steam.
- Bake in the preheated oven until the crust is golden brown and the filling is bubbling and thickened, about 50 minutes.

Nutrition Facts



PROTEIN **3.59%** FAT **23.45%** CARBS **72.96%**

Properties

Glycemic Index:24.42, Glycemic Load:25, Inflammation Score:-6, Nutrition Score:7.6143477746974%

Flavonoids

Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg Catechin: 6.46mg, Catechin: 6.46mg, Catechin: 6.46mg, Catechin: 6.46mg Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 230.12kcal (11.51%), Fat: 6.32g (9.72%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 44.21g (14.74%), Net Carbohydrates: 41.34g (15.03%), Sugar: 37.05g (41.17%), Cholesterol: 15.25mg (5.08%), Sodium: 164.88mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Vitamin C: 41.26mg (50.01%), Vitamin A: 770.26IU (15.41%), Fiber: 2.87g (11.47%), Vitamin E: 1.29mg (8.61%), Manganese: 0.17mg (8.58%), Vitamin B3: 1.58mg (7.91%), Vitamin K: 7.75µg (7.38%), Copper: 0.14mg (7.12%), Potassium: 246.02mg (7.03%), Selenium: 4.74µg (6.78%), Vitamin B6: 0.14mg (6.76%), Vitamin B1: 0.1mg (6.55%), Folate: 22.08µg (5.52%), Vitamin B2: 0.09mg (5.06%), Iron: 0.85mg (4.75%), Phosphorus: 45.13mg (4.51%), Magnesium: 16.25mg (4.06%), Vitamin B5: 0.28mg (2.76%), Zinc: 0.41mg (2.7%), Calcium: 12.54mg (1.25%)