



Ground Cherry Pie I

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



97 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 4 cups ground cherries husked
- 1 juice of lemon juiced
- 2 teaspoons .3 oz. of pearl tapioca
- 0.5 cup sugar white

Equipment

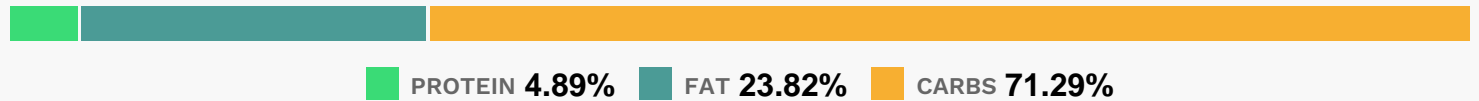
- frying pan

- oven
- pie form

Directions

- Gently mix together the ground cherries, sugar, tapioca, flour and lemon juice.
- Let stand for 15 minutes.
- Preheat the oven to 450 degrees F (230 degrees C). Line a 9 inch pie pan with half of the pastry.
- Pour the fruit mixture into the pastry-lined pan, and dot the top with the butter. Cover with top crust or lattice.
- Bake at 450 degrees F (230 degrees C) for 10 minutes, then reduce the heat to 350 degrees F (175 degrees C) and bake for another 40 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:27.28, Glycemic Load:8.36, Inflammation Score:-3, Nutrition Score:1.9321739161792%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 97.24kcal (4.86%), Fat: 2.72g (4.18%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 18.24g (6.63%), Sugar: 10.09g (11.21%), Cholesterol: 6.02mg (2.01%), Sodium: 18.17mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.51%), Vitamin A: 473.35IU (9.47%), Vitamin C: 7.32mg (8.87%), Vitamin B3: 1.66mg (8.3%), Vitamin B1: 0.07mg (4.95%), Iron: 0.65mg (3.61%), Phosphorus: 24.99mg (2.5%), Vitamin B2: 0.03mg (1.95%)