



Ground Cherry Pie II

READY IN



55 min.

SERVINGS



8

CALORIES



1156 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 2 tablespoons butter
- 3 tablespoons flour all-purpose
- 2.5 cups ground cherries
- 9 inch pie shell
- 2 tablespoons water
- 3 tablespoons sugar white

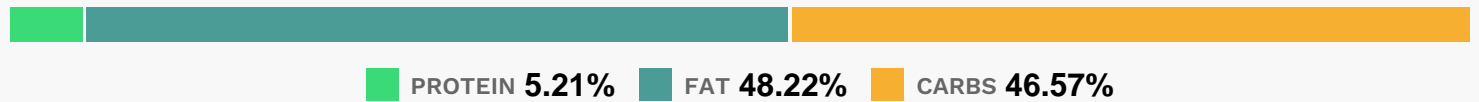
Equipment

oven

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Wash ground cherries and place in unbaked pie shell.
- Mix brown sugar and 1 tablespoon flour and sprinkle over cherries.
- Sprinkle water over top.
- Mix together 3 tablespoons flour and 3 tablespoons sugar.
- Cut butter in until crumbly. Top cherry mixture with crumbs.
- Bake in the preheated oven for 15 minutes, reduce temperature to 375 degrees F (190 degrees C) and continue to bake for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:4.7, Inflammation Score:-6, Nutrition Score:16.850434701404%

Nutrients (% of daily need)

Calories: 1156.34kcal (57.82%), Fat: 61.84g (95.14%), Saturated Fat: 20.16g (126.01%), Carbohydrates: 134.41g (44.8%), Net Carbohydrates: 128.71g (46.8%), Sugar: 17.84g (19.82%), Cholesterol: 7.53mg (2.51%), Sodium: 946.89mg (41.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.03g (30.06%), Manganese: 1.02mg (51.13%), Vitamin B1: 0.69mg (45.94%), Folate: 162.89µg (40.72%), Vitamin B3: 7.48mg (37.41%), Iron: 6.52mg (36.21%), Vitamin B2: 0.42mg (24.47%), Fiber: 5.7g (22.8%), Selenium: 14.01µg (20.01%), Phosphorus: 183.93mg (18.39%), Vitamin K: 16.68µg (15.88%), Vitamin B5: 0.95mg (9.46%), Copper: 0.18mg (9.01%), Magnesium: 35.71mg (8.93%), Vitamin A: 404.71IU (8.09%), Vitamin E: 1.12mg (7.45%), Zinc: 1.04mg (6.94%), Potassium: 240.48mg (6.87%), Vitamin B6: 0.12mg (5.97%), Calcium: 59.52mg (5.95%), Vitamin C: 4.81mg (5.83%)