



Honey Caramel Peach Pie

 Vegetarian

READY IN



360 min.

SERVINGS



8

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 2 tablespoons cornstarch
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.3 cup mild honey
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 8 servings all-butter pastry dough
- ☐ 3 pounds peaches ripe
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar divided
- ☐ 3 tablespoons butter unsalted
- ☐ 2 tablespoons water
- ☐ 1 tablespoon milk whole

Equipment

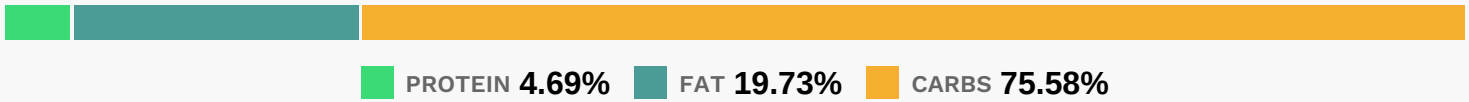
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ rolling pin
- ☐ slotted spoon
- ☐ pastry brush

Directions

- ☐ Cut an X in bottom of each peach, then blanch peaches in batches in boiling water 15 seconds.
- ☐ Transfer with a slotted spoon to an ice bath to stop cooking. Peel peaches and cut into 1-inch-thick wedges.
- ☐ Toss peaches well with cornstarch, flour, lemon juice, cinnamon, and salt in a large bowl.
- ☐ Put a foil-lined large baking sheet in lower third of oven and preheat oven to 425°F.
- ☐ Bring 1/2 cup sugar, honey, and water to a boil in a 1 1/2-to 2-quart heavy saucepan over medium-high heat, stirring until sugar has dissolved, then wash down any sugar crystals from side of pan with a pastry brush dipped in cold water. Boil without stirring, swirling pan occasionally so caramel colors evenly, until dark amber, about 5 minutes.
- ☐ Remove from heat and add butter, swirling pan until butter is melted.
- ☐ Pour over fruit and toss (caramel may harden slightly but will melt in oven).

- ☐ Roll out 1 piece of dough (keep remaining piece chilled) into a 13-inch round on a lightly floured surface with a lightly floured rolling pin. Fit into a 9-inch pie plate. Trim excess dough, leaving a 1/2-inch overhang. Chill shell while rolling out remaining dough.
- ☐ Roll out remaining piece of dough into an 11-inch round on a lightly floured surface with a lightly floured rolling pin.
- ☐ Transfer filling to pie shell, mounding it. Cover pie with pastry round. Trim with kitchen shears, leaving a 1/2-inch overhang. Press edges together, then crimp decoratively.
- ☐ Brush top all over with some of milk, then sprinkle with remaining tablespoon sugar.
- ☐ Cut 3 steam vents in top crust with a paring knife.
- ☐ Bake pie on hot baking sheet 20 minutes. Reduce oven temperature to 375°F. Continue to bake until crust is golden-brown and filling is bubbling, about 50 minutes more. Cool pie to room temperature, 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:23.64, Inflammation Score:-6, Nutrition Score:6.7852173577184%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epigallocatechin: 1.77mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 260.67kcal (13.03%), Fat: 5.98g (9.2%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 51.53g (17.18%), Net Carbohydrates: 48.47g (17.63%), Sugar: 35.61g (39.57%), Cholesterol: 11.51mg (3.84%), Sodium: 188.81mg (8.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Vitamin A: 689.2IU (13.78%), Selenium: 8.78µg (12.55%), Fiber: 3.06g (12.24%), Manganese: 0.24mg (11.81%), Vitamin B3: 2.25mg (11.24%), Vitamin B1: 0.16mg (10.42%), Vitamin E: 1.39mg (9.24%), Vitamin C: 7.52mg (9.11%), Copper: 0.16mg (8.09%), Vitamin B2: 0.14mg (7.97%), Folate: 30.13µg (7.53%), Iron: 1.33mg (7.37%), Potassium: 234.82mg (6.71%), Phosphorus: 57.21mg

(5.72%), Vitamin K: 5.99µg (5.71%), Magnesium: 17.56mg (4.39%), Zinc: 0.54mg (3.57%), Vitamin B5: 0.35mg (3.46%), Vitamin B6: 0.05mg (2.67%), Calcium: 14.96mg (1.5%)