

Honey Caramel Peach Pie

Vegetarian







DESSERT

Ingredients

0.5 teaspoon cinnamon
2 tablespoons cornstarch
1.5 tablespoons flour all-purpose
O.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
Eq	uipment
	bowl
	frying pan
	baking sheet
	sauce pan
	oven
	knife
	aluminum foil
	rolling pin
	slotted spoon
	pastry brush
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ווט	rections
	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 11/2-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		

PROTEIN 4.69% FAT 19.73% CARBS 75.58%

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 Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, 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: 0.51mg, Epigallocatechin: 0.06mg, Eriodictyol: 0.07mg, Varingenin: 0.02mg, Varingenin: 0.02mg, Varingenin: 0.02mg, Varingenin: 0.02mg, Varingenin: 0.03mg, Valencetin: 1.13mg, Valencetin: 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 %: O% (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%)