



WHAT'SheATE



Late-Summer Cherry Pie

READY IN



45 min.

SERVINGS



8

CALORIES



515 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 0.3 teaspoon almond extract
- ☐ 3 tablespoons cornstarch
- ☐ 1 eggs with 2 teaspoons water (for glaze) beaten to blend
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons orange juice
- ☐ 1 tablespoon orange peel grated
- ☐ 0.1 teaspoon salt
- ☐ 1 cup solid vegetable shortening chilled cut into 1/2-inch cubes

- ☐ 0.7 cup sugar
- ☐ 2.5 pounds cherries dark fresh sweet frozen thawed pitted drained (26 ounces)
- ☐ 1 tablespoon distilled vinegar white
- ☐ 0.3 cup milk whole

Equipment

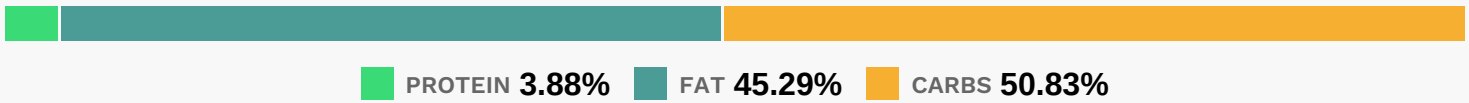
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Whisk milk and vinegar in small bowl to blend.
- ☐ Whisk flour and salt in medium bowl to blend; add shortening and rub in with fingertips until mixture resembles coarse meal. Stir in milk mixture; briefly knead in bowl just until dough comes together. Gather dough into ball. Divide into 2 pieces, 1 slightly larger than the other. Flatten each piece into disk. Wrap disks separately in plastic and refrigerate 30 minutes.
- ☐ Mix 2/3 cup sugar and next 6 ingredients in large bowl to combine.
- ☐ Add cherries and toss to blend.
- ☐ Let stand 30 minutes.
- ☐ Preheat oven to 400°F.
- ☐ Roll out larger dough disk on lightly floured work surface to 13-inch round (crust will be thin).
- ☐ Transfer to 10-inch-diameter glass pie dish.
- ☐ Roll out second disk on lightly floured work surface to 12x8-inch rectangle. Using fluted pastry wheel or sharp knife, cut rectangle lengthwise into nine 3/4-inch-wide strips. Spoon cherry filling into crust.
- ☐ Place 5 dough strips across pie in 1 direction and 4 in opposite direction, forming lattice. Press strip ends and edge of crust together to seal. Crimp edges decoratively.

- ☐ Brush lattice and edges with egg glaze.
- ☐ Sprinkle 1/4 cup sugar over lattice.
- ☐ Bake pie 20 minutes. Cover crust edges with foil collar to prevent overbrowning. Continue to bake until filling bubbles and crust is golden brown, about 40 minutes longer.
- ☐ Transfer pie to rack and cool at least 1 hour.
- ☐ Serve pie warm or at room temperature.
- ☐ A fluted pastry wheel will cut lattice strips with pretty scalloped edges, but a sharp knife works fine, too.

Nutrition Facts



Properties

Glycemic Index:39.01, Glycemic Load:33.63, Inflammation Score:-5, Nutrition Score:9.4356523674467%

Flavonoids

Cyanidin: 42.82mg, Cyanidin: 42.82mg, Cyanidin: 42.82mg, Cyanidin: 42.82mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.13mg, Peonidin: 2.13mg, Peonidin: 2.13mg, Peonidin: 2.13mg Catechin: 6.18mg, Catechin: 6.18mg, Catechin: 6.18mg, Catechin: 6.18mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 515.25kcal (25.76%), Fat: 26.61g (40.94%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 67.19g (22.4%), Net Carbohydrates: 63.12g (22.95%), Sugar: 35.73g (39.7%), Cholesterol: 1.22mg (0.41%), Sodium: 42.55mg (1.85%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 5.12g (10.25%), Vitamin B1: 0.3mg (19.95%), Manganese: 0.36mg (18.04%), Fiber: 4.07g (16.27%), Folate: 64.37µg (16.09%), Vitamin K: 16.82µg (16.01%), Vitamin C: 13.08mg (15.85%), Selenium: 11µg (15.72%), Vitamin B2: 0.22mg (12.97%), Vitamin E: 1.7mg (11.35%), Iron: 2.04mg (11.32%), Potassium: 375.19mg (10.72%), Vitamin B3: 2.1mg (10.51%), Phosphorus: 75.3mg (7.53%), Copper: 0.14mg (6.84%), Vitamin B5: 0.64mg (6.44%), Magnesium: 24.62mg (6.16%), Vitamin B6: 0.09mg (4.66%), Calcium: 40.51mg (4.05%), Zinc: 0.37mg (2.48%), Vitamin A: 119.58IU (2.39%)