



## Lattice Peach-Apple Pie

 Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



437 kcal

DESSERT

### Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.7 cup shortening
- ☐ 4 tablespoons water cold
- ☐ 1 cup sugar
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 cups peaches fresh sliced

- ☐ 2 cups apples green peeled thinly sliced
- ☐ 0.3 cup almonds sliced
- ☐ 1 tablespoon butter

## Equipment

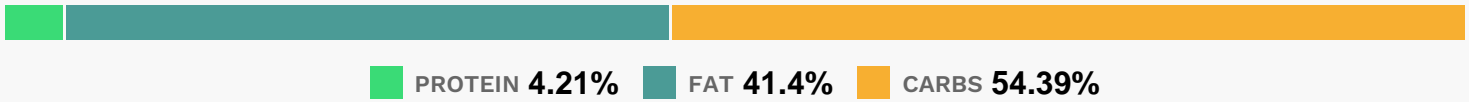
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

## Directions

- ☐ In medium bowl, mix 2 cups flour and the salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball. Divide in half. On lightly floured surface, shape each half into flattened round. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- ☐ Heat oven to 425°F. With floured rolling pin, roll 1 pastry round into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side.
- ☐ In large bowl, mix sugar, 1/4 cup flour and the cinnamon. Stir in peaches and apples. Spoon into pastry-lined pie plate.
- ☐ Sprinkle with almonds.

- ☐ Cut butter into small pieces; sprinkle over filling. Trim overhanging edge of pastry 1 inch from rim of plate.
- ☐ Roll other pastry round into 10-inch round.
- ☐ Cut round into 1/2-inch strips.
- ☐ Place 6 strips across filling. To make lattice top, weave a cross-strip through center by first folding back every other strip going the other way. Continue weaving lattice, folding back alternate strips before adding each cross-strip, until lattice is complete. Trim ends of strips. Fold trimmed edge of bottom crust over ends of strips, building up a high edge; seal and flute. Cover edge of pastry with 2- to 3-inch strip of foil to prevent excessive browning.
- ☐ Bake 35 to 45 minutes or until crust is brown and filling is bubbly, removing foil for last 15 minutes of baking. Cool on cooling rack.
- ☐ Serve slightly warm.

## Nutrition Facts



## Properties

Glycemic Index:38.42, Glycemic Load:39.36, Inflammation Score:-4, Nutrition Score:8.096521684576%

## Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

## Nutrients (% of daily need)

Calories: 437.04kcal (21.85%), Fat: 20.51g (31.55%), Saturated Fat: 4.74g (29.64%), Carbohydrates: 60.62g (20.21%), Net Carbohydrates: 57.95g (21.07%), Sugar: 31.65g (35.17%), Cholesterol: 0mg (0%), Sodium: 314.55mg (13.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Vitamin B1: 0.3mg (20%), Selenium: 13µg (18.57%), Manganese: 0.35mg (17.63%), Folate: 68.87µg (17.22%), Vitamin E: 2.2mg (14.65%), Vitamin B2:

0.23mg (13.64%), Vitamin B3: 2.52mg (12.6%), Iron: 1.94mg (10.77%), Fiber: 2.67g (10.68%), Vitamin K: 11.06µg (10.53%), Phosphorus: 64.15mg (6.41%), Copper: 0.12mg (6.1%), Magnesium: 20.31mg (5.08%), Vitamin A: 205.2IU (4.1%), Potassium: 140.66mg (4.02%), Vitamin C: 3.02mg (3.66%), Vitamin B5: 0.36mg (3.63%), Zinc: 0.44mg (2.95%), Vitamin B6: 0.04mg (2.11%), Calcium: 18.4mg (1.84%)