



Lattice Pie with Pears and Vanilla Brown Butter

READY IN



45 min.

SERVINGS



10

CALORIES



498 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.7 cup golden raisins
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon milk
- ☐ 4 pounds pears cored ripe peeled cut into 1/2-inch-thick slices (such as Bartlett or Anjou; 8)
- ☐ 2 butter pie crust dough disks
- ☐ 1 tablespoon sugar

- ☐ 2 tablespoons butter unsalted ()
- ☐ 1 vanilla pod split
- ☐ 10 servings whipped cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Preheat oven to 375°F. Melt butter in small skillet over medium heat. Scrape seeds from vanilla bean into butter; add bean. Cook until butter is golden brown, stirring often, about 3 minutes. Cool slightly.
- ☐ Remove bean. Gently blend pears, raisins, brown sugar, flour, and lemon juice in large bowl. Stir in vanilla butter.
- ☐ Roll out 1 dough disk on lightly floured surface to 12-inch round.
- ☐ Transfer to 9-inch pie dish. Trim overhang to 1 inch.
- ☐ Transfer filling to crust.
- ☐ Roll out second dough disk to 13-inch round. Using pastry wheel, cut dough into ten 1-inch-wide strips. Arrange 5 strips over filling, spacing evenly apart. Arrange remaining strips at right angle to first strips, weaving if desired. Fold lower crust overhang over strips and seal. Crimp edges decoratively.
- ☐ Brush lattice with 1 teaspoon milk and sprinkle with 1 tablespoon sugar.
- ☐ Bake pie until crust is golden brown, pears are tender, and filling is bubbling, covering crust edges with foil collar if browning too quickly, about 1 hour 20 minutes. Cool at least 1 hour before serving. (Can be made 6 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Serve pie warm or at room temperature with ice cream.

Nutrition Facts



 **PROTEIN 4.35%**  **FAT 32.9%**  **CARBS 62.75%**

Properties

Glycemic Index:33.75, Glycemic Load:23.1, Inflammation Score:-5, Nutrition Score:9.5930433998937%

Flavonoids

Cyanidin: 3.74mg, Cyanidin: 3.74mg, Cyanidin: 3.74mg, Cyanidin: 3.74mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 6.82mg, Epicatechin: 6.82mg, Epicatechin: 6.82mg, Epicatechin: 6.82mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 498.15kcal (24.91%), Fat: 18.8g (28.93%), Saturated Fat: 8.76g (54.75%), Carbohydrates: 80.69g (26.9%), Net Carbohydrates: 73.32g (26.66%), Sugar: 49.31g (54.79%), Cholesterol: 35.12mg (11.71%), Sodium: 198.46mg (8.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.19%), Fiber: 7.37g (29.46%), Vitamin B2: 0.29mg (17.13%), Manganese: 0.29mg (14.5%), Potassium: 465.1mg (13.29%), Phosphorus: 129.95mg (12.99%), Calcium: 123.08mg (12.31%), Copper: 0.23mg (11.62%), Folate: 43.13µg (10.78%), Vitamin K: 11.2µg (10.67%), Vitamin C: 8.7mg (10.55%), Vitamin B1: 0.16mg (10.36%), Iron: 1.59mg (8.85%), Magnesium: 31.89mg (7.97%), Vitamin A: 394.37IU (7.89%), Vitamin B3: 1.5mg (7.5%), Vitamin B6: 0.14mg (6.92%), Vitamin B5: 0.65mg (6.5%), Selenium: 4.06µg (5.8%), Zinc: 0.84mg (5.6%), Vitamin B12: 0.26µg (4.41%), Vitamin E: 0.65mg (4.34%), Vitamin D: 0.18µg (1.2%)