



Nectarine Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1243 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 4 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup heavy whipping cream
- ☐ 5 nectarines
- ☐ 9 inch unbaked pie shell
- ☐ 0.7 cup sugar white

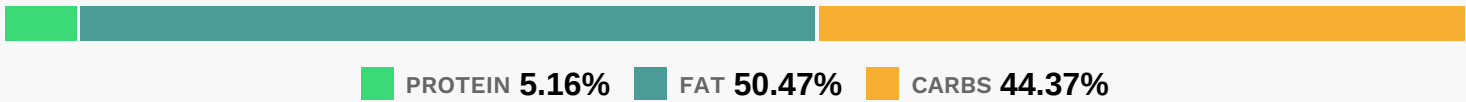
Equipment

- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C).
- ☐ Place a large pot of water over high heat, and bring to a boil.
- ☐ Combine sugar, flour, cinnamon, heavy cream and almond extract. Set aside.
- ☐ Place the nectarines in boiling water for 30 to 45 seconds. Immediately place nectarines under cold running water and remove skins.
- ☐ Cut nectarines in half and remove pits.
- ☐ Place halves in the pie shell with the cut side down.
- ☐ Pour the cream mixture around the nectarines.
- ☐ Bake at 400 degrees F (205 degrees C) for 35 to 40 minutes. Good served warm or cold.

Nutrition Facts



Properties

Glycemic Index:24.14, Glycemic Load:16.64, Inflammation Score:-7, Nutrition Score:18.918260960475%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 1242.5kcal (62.12%), Fat: 69.74g (107.29%), Saturated Fat: 25.21g (157.54%), Carbohydrates: 137.97g (45.99%), Net Carbohydrates: 130.84g (47.58%), Sugar: 24.53g (27.26%), Cholesterol: 33.62mg (11.21%), Sodium: 940.09mg (40.87%), Alcohol: 0.04g (100%), Alcohol %: 0.01% (100%), Protein: 16.04g (32.08%), Manganese: 1.09mg (54.55%), Vitamin B1: 0.68mg (45.62%), Folate: 170.88µg (42.72%), Vitamin B3: 7.31mg (36.56%), Iron: 6.34mg (35.22%), Fiber: 7.12g (28.5%), Vitamin B2: 0.48mg (28.49%), Selenium: 15.09µg (21.56%), Phosphorus: 206.47mg (20.65%), Vitamin K: 19.2µg (18.29%), Vitamin A: 734.59IU (14.69%), Copper: 0.25mg (12.59%), Vitamin E: 1.86mg (12.37%), Vitamin B5: 1.17mg (11.68%), Magnesium: 44.74mg (11.18%), Potassium: 367.84mg (10.51%), Zinc: 1.3mg (8.67%), Vitamin B6: 0.15mg (7.35%), Calcium: 66.16mg (6.62%), Vitamin C: 2.76mg (3.34%), Vitamin D:

0.48μg (3.17%)