



No Fuss Fruit Pie

 Dairy Free

READY IN



70 min.

SERVINGS



9

CALORIES



373 kcal

Ingredients

- 21 ounce peach pie filling canned
- 1 eggs
- 17.3 ounce puff pastry pepperidge farm®
- 1 tablespoon water

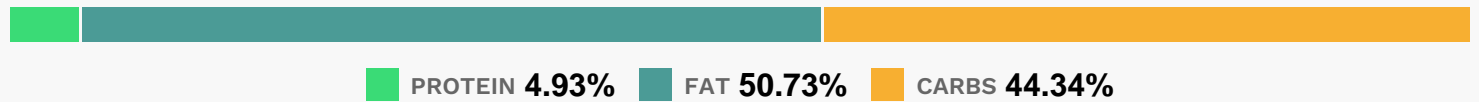
Equipment

- baking sheet
- oven
- wire rack

Directions

- Thaw pastry sheets at room temperature 30 min. Preheat oven to 400 degrees F.
- Mix egg and water.
- Unfold pastry sheets.
- Place 1 pastry sheet on baking sheet.
- Spread pie filling on pastry to within 1 inch of edges.
- Brush edges with egg mixture.
- Place remaining pastry sheet over pie filling. Press edges together with fork to seal.
- Brush with egg mixture.
- Cut several 2 inch slits in top of pastry.
- Bake 30 minutes or until golden. Cool on baking sheet on wire rack at least 15 minutes.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:6.22, Glycemic Load:13.31, Inflammation Score:-2, Nutrition Score:5.858260911444%

Nutrients (% of daily need)

Calories: 373.4kcal (18.67%), Fat: 21.29g (32.76%), Saturated Fat: 5.41g (33.8%), Carbohydrates: 41.88g (13.96%), Net Carbohydrates: 40.4g (14.69%), Sugar: 9.55g (10.61%), Cholesterol: 18.19mg (6.06%), Sodium: 173.81mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Selenium: 14.89µg (21.27%), Vitamin B1: 0.23mg (15.12%), Manganese: 0.29mg (14.26%), Vitamin B3: 2.3mg (11.49%), Folate: 44.8µg (11.2%), Vitamin B2: 0.18mg (10.81%), Iron: 1.67mg (9.29%), Vitamin K: 9.12µg (8.68%), Fiber: 1.48g (5.92%), Copper: 0.1mg (5.11%), Phosphorus: 47.01mg (4.7%), Magnesium: 10.65mg (2.66%), Zinc: 0.38mg (2.52%), Vitamin E: 0.37mg (2.48%), Potassium: 69.76mg (1.99%), Vitamin B6: 0.03mg (1.52%), Vitamin C: 1.12mg (1.36%), Calcium: 10.88mg (1.09%), Vitamin B5: 0.1mg (1.03%)