



Oven-Fried Peach Pies

 Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



85 kcal

DESSERT

Ingredients

- 10 ounce biscuits refrigerated canned
- 1 tablespoon flour all-purpose
- 0.8 teaspoon ground cinnamon divided
- 1 cup peaches in syrup light canned drained chopped
- 3 tablespoons sugar divided

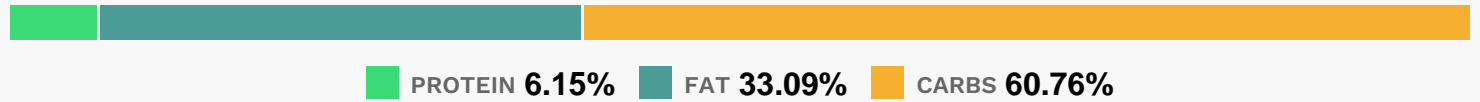
Equipment

- baking sheet
- oven

Directions

- Combine peaches, 2 tablespoons sugar, and 1/2 teaspoon cinnamon.
- Sprinkle flour over work surface. Separate biscuits; place on floured surface.
- Roll each biscuit to a 4 1/2-inch circle.
- Place one heaping tablespoon peach mixture over half of each circle.
- Brush edges of circles with water; fold in half. Seal edges by pressing with a fork.
- Place pies on a ungreased baking sheet; coat with cooking spray.
- Combine remaining 1 tablespoon sugar and 1/4 teaspoon cinnamon; sprinkle over pies.
- Bake at 375 for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:8.11, Inflammation Score:-1, Nutrition Score:2.3339130411977%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 84.6kcal (4.23%), Fat: 3.16g (4.86%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 12.59g (4.58%), Sugar: 3.92g (4.35%), Cholesterol: 0.19mg (0.06%), Sodium: 179.41mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Phosphorus: 84.13mg (8.41%), Vitamin B1: 0.09mg (5.81%), Selenium: 3.96µg (5.65%), Manganese: 0.1mg (5.07%), Iron: 0.69mg (3.84%), Vitamin B3: 0.75mg (3.74%), Folate: 14.77µg (3.69%), Vitamin B2: 0.06mg (3.61%), Vitamin E: 0.33mg (2.18%), Fiber: 0.47g (1.87%), Potassium: 55.87mg (1.6%), Copper: 0.02mg (1.25%), Calcium: 10.77mg (1.08%), Vitamin K: 1.12µg (1.06%), Magnesium: 4.2mg (1.05%)