



Papaya Pie



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



484 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 15 oz pastry refrigerated for double-crust 9-inch pie, at room temperature
- ☐ 8 servings flour all-purpose
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon ground coriander
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 tablespoons juice of lemon
- ☐ 2 teaspoons lemon zest grated

- ☐ 3 pounds firm-ripe papayas
- ☐ 0.8 cup sugar

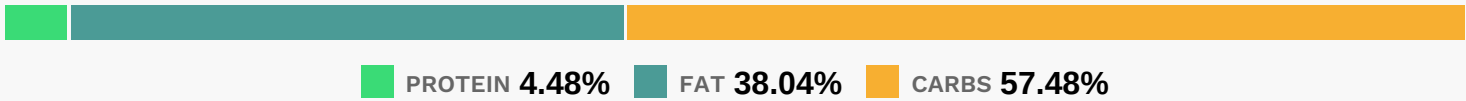
Equipment

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

Directions

- ☐ Peel papayas, cut in half lengthwise, and discard seeds.
- ☐ Cut papayas lengthwise into 2- to 3-inch-wide slices, then cut crosswise into 1/4-inch-thick strips. Measure 8 cups of fruit; reserve extra for other uses.
- ☐ In a large bowl, mix sugar, cornstarch, coriander, cardamom, nutmeg, and lemon peel.
- ☐ Add papayas and lemon juice, and mix.
- ☐ Unfold 1 pastry round and ease into a 9-inch pie pan. Fill pastry with fruit mixture.
- ☐ Unfold remaining pastry on a lightly floured board and roll into a 13-inch-wide round.
- ☐ Center round over fruit. Pinch pastry at rim to seal, then fold edge under itself, flush with pan rim, and pinch to flute. Slash pastry top decoratively. Set pie on a foil-lined baking sheet.
- ☐ Bake on the bottom rack of a 375 oven until juices bubble near center, 1 hour and 10 minutes to 1 hour and 20 minutes (55 to 65 minutes in a convection oven). If pastry edges get too dark, cover loosely with foil. Cool at least 1 hour.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:41.86, Glycemic Load:39.32, Inflammation Score:-9, Nutrition Score:15.517391298128%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 483.69kcal (24.18%), Fat: 20.92g (32.19%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 71.11g (23.7%), Net Carbohydrates: 66.96g (24.35%), Sugar: 32.61g (36.23%), Cholesterol: 0mg (0%), Sodium: 146.87mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Vitamin C: 106.49mg (129.08%), Vitamin A: 1617.11IU (32.34%), Folate: 119.36µg (29.84%), Selenium: 16.73µg (23.9%), Manganese: 0.42mg (21.18%), Vitamin B1: 0.31mg (20.82%), Fiber: 4.15g (16.6%), Vitamin B3: 3.28mg (16.4%), Vitamin B2: 0.24mg (14.07%), Iron: 2.23mg (12.39%), Vitamin K: 13µg (12.38%), Magnesium: 47.63mg (11.91%), Potassium: 361.9mg (10.34%), Copper: 0.16mg (7.81%), Phosphorus: 59.41mg (5.94%), Vitamin E: 0.81mg (5.41%), Calcium: 44.1mg (4.41%), Vitamin B6: 0.08mg (4.15%), Vitamin B5: 0.37mg (3.67%), Zinc: 0.5mg (3.34%)