



Peach and Blueberry Crumb Pie

READY IN



70 min.

SERVINGS



8

CALORIES



482 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almond flour
- ☐ 1 pound blueberries frozen thawed drained
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter chilled cut into 1/2-inch pieces, 1 stick
- ☐ 8 servings butter for greasing the pie dish
- ☐ 1 egg white lightly beaten
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 lemon zest

- ☐ 0.5 cup cook oats quick
- ☐ 1 pound peaches fresh frozen thawed pitted thinly sliced
- ☐ 1 9-inch unroll-and-bake pie crust refrigerated
- ☐ 0.5 cup slivered almonds
- ☐ 0.3 cup cooking tapioca pearls such as minute tapioca quick
- ☐ 2 teaspoons vanilla extract pure

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven and preheat to 375 degrees F. Butter a 9-inch ceramic or glass pie dish.
- ☐ For the filling: Finely grind the tapioca in a food processor or spice grinder, about 1 minute.
- ☐ Combine the blueberries, peaches, sugar, lemon juice, vanilla, cinnamon, lemon zest and tapioca in a medium bowl.
- ☐ Unroll the pie crust and place in the pie dish.
- ☐ Brush the inside with the egg white.
- ☐ For the topping: Pulse the almonds, butter, oats, flour and sugar until small chunks form in a food processor.
- ☐ Pour the filling into the crust. Crumble the topping over the filling and bake until the top is golden brown, about 55 minutes. If after 30 minutes of baking the edges of the crust begin to brown too quickly, cover the edges of the pie dish with strips of foil. Cool the pie for 30 to 40 minutes before slicing.

Nutrition Facts

 **PROTEIN 5.37%**  **FAT 53.52%**  **CARBS 41.11%**

Properties

Glycemic Index:29.41, Glycemic Load:5.95, Inflammation Score:-6, Nutrition Score:10.120000077331%

Flavonoids

Cyanidin: 6.05mg, Cyanidin: 6.05mg, Cyanidin: 6.05mg, Cyanidin: 6.05mg Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg Peonidin: 11.5mg, Peonidin: 11.5mg, Peonidin: 11.5mg, Peonidin: 11.5mg Catechin: 5.88mg, Catechin: 5.88mg, Catechin: 5.88mg, Catechin: 5.88mg Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 482.46kcal (24.12%), Fat: 29.61g (45.55%), Saturated Fat: 12.49g (78.06%), Carbohydrates: 51.17g (17.06%), Net Carbohydrates: 45.94g (16.71%), Sugar: 24.63g (27.37%), Cholesterol: 41.25mg (13.75%), Sodium: 244.22mg (10.62%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Protein: 6.69g (13.38%), Manganese: 0.75mg (37.56%), Fiber: 5.22g (20.89%), Vitamin E: 3.06mg (20.42%), Vitamin K: 16.03µg (15.27%), Vitamin A: 696.98IU (13.94%), Vitamin C: 10.26mg (12.43%), Vitamin B2: 0.19mg (11.38%), Iron: 1.88mg (10.43%), Magnesium: 39.62mg (9.91%), Copper: 0.2mg (9.76%), Phosphorus: 96.93mg (9.69%), Vitamin B1: 0.14mg (9.54%), Vitamin B3: 1.71mg (8.56%), Selenium: 5.54µg (7.92%), Folate: 30.63µg (7.66%), Potassium: 242.07mg (6.92%), Calcium: 67.29mg (6.73%), Zinc: 0.76mg (5.09%), Vitamin B6: 0.08mg (4.04%), Vitamin B5: 0.4mg (4.02%)