



## Peach and Maple Sour Cream Pecan Pie

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



604 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup butter melted ( )
- ☐ 2 egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup maple sugar
- ☐ 3 tablespoons peach preserves (I used apricot)
- ☐ 2 cups peaches peeled sliced ( and )

- ☐ 1 cup pecans chopped
- ☐ 1 pie crust
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup flour whole wheat

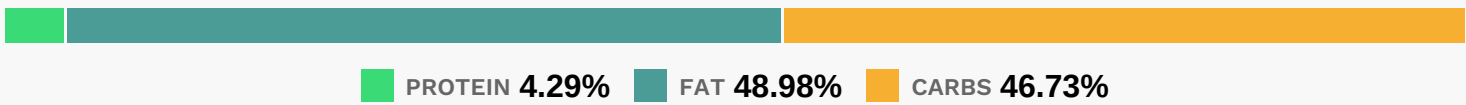
## Equipment

- ☐ oven
- ☐ toothpicks

## Directions

- ☐ Mix the peaches and preserves and place them into the pie crust.
- ☐ Mix the sugar, sour cream, egg yolks, flour and vanilla and pour over the peaches.
- ☐ Bake in a preheated 425F oven for 30 minutes.
- ☐ Mix the flours, sugars, pecans, cinnamon and butter until it forms crumbs.
- ☐ Sprinkle the crumbs over the pie.
- ☐ Bake in a preheated 425F oven until the top is golden brown and a toothpick pushed into the center comes out clean, about 15–20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:61.39, Glycemic Load:19.93, Inflammation Score:-6, Nutrition Score:13.496086949887%

## Flavonoids

Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 3.84mg, Catechin: 3.84mg, Catechin: 3.84mg, Catechin: 3.84mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epigallocatechin 3–gallate: 0.57mg,

Epigallocatechin 3–gallate: 0.57mg, Epigallocatechin 3–gallate: 0.57mg, Epigallocatechin 3–gallate: 0.57mg  
Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.34mg, Quercetin:  
0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 603.85kcal (30.19%), Fat: 33.82g (52.03%), Saturated Fat: 10.85g (67.81%), Carbohydrates: 72.61g (24.2%), Net Carbohydrates: 68.43g (24.88%), Sugar: 45.12g (50.13%), Cholesterol: 96.44mg (32.15%), Sodium: 201.96mg (8.78%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 6.66g (13.32%), Manganese: 1.73mg (86.46%), Vitamin B1: 0.29mg (19.57%), Selenium: 12.96µg (18.52%), Copper: 0.35mg (17.28%), Fiber: 4.18g (16.74%), Phosphorus: 148.89mg (14.89%), Zinc: 2.06mg (13.74%), Iron: 2.34mg (13.01%), Folate: 50.14µg (12.53%), Vitamin A: 621.53IU (12.43%), Vitamin B2: 0.2mg (11.75%), Magnesium: 44.9mg (11.23%), Vitamin B3: 2mg (10.02%), Vitamin E: 1.26mg (8.43%), Calcium: 81.55mg (8.16%), Potassium: 282.28mg (8.07%), Vitamin B5: 0.69mg (6.89%), Vitamin B6: 0.13mg (6.37%), Vitamin K: 5.45µg (5.19%), Vitamin C: 3.37mg (4.08%), Vitamin B12: 0.17µg (2.89%), Vitamin D: 0.32µg (2.16%)