

Peach-Cherry Pie



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



480 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 15 oz puff pastry refrigerated for double-crust 9-inch pie, at room temperature
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 tablespoons juice of lemon
- ☐ 3 pounds peaches
- ☐ 3 tablespoons cooking tapioca
- ☐ 0.8 cup sugar
- ☐ 12 oz cherries dark sweet pitted

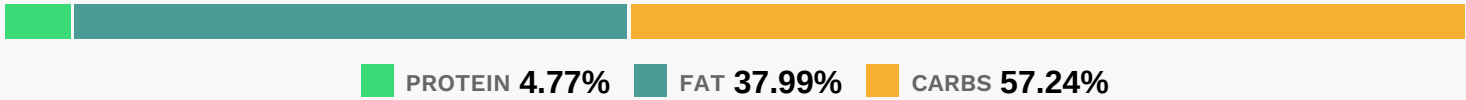
Equipment

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

Directions

- ☐ Peel, pit, and cut peaches into 1/2-inch-thick slices. You should have 7 to 8 cups fruit.
- ☐ In a large bowl, gently mix peaches with cherries, sugar, tapioca, lemon juice, nutmeg, and almond extract.
- ☐ Unfold 1 pastry round and ease evenly into a 9-inch pie pan. Fill pastry with fruit mixture.
- ☐ Unfold remaining pastry round on a lightly floured board.
- ☐ Roll pastry evenly to make a 13-inch round.
- ☐ Center pastry over fruit. Fold top edges of pastry over rim of bottom pastry; flute edges and slash top decoratively. Set pie on a foil-lined baking sheet.
- ☐ Bake in a 375 oven until juices bubble near center, 1 to 1 1/4 hours. If pastry edges get too dark, lightly cover with foil. Filling firms as pie cools; let stand at least 2 or up to 8 hours before cutting into wedges.

Nutrition Facts



Properties

Glycemic Index:32.29, Glycemic Load:33.27, Inflammation Score:-6, Nutrition Score:10.164347695268%

Flavonoids

Cyanidin: 16.11mg, Cyanidin: 16.11mg, Cyanidin: 16.11mg, Cyanidin: 16.11mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg Catechin: 10.22mg, Catechin: 10.22mg, Catechin: 10.22mg, Catechin: 10.22mg Epigallocatechin: 1.91mg, Epigallocatechin: 1.91mg, Epigallocatechin: 1.91mg, Epigallocatechin: 1.91mg Epicatechin: 6.11mg, Epicatechin: 6.11mg

Epicatechin: 6.11mg, Epicatechin: 6.11mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 480.43kcal (24.02%), Fat: 20.89g (32.14%), Saturated Fat: 5.19g (32.45%), Carbohydrates: 70.83g (23.61%), Net Carbohydrates: 66.56g (24.2%), Sugar: 38.95g (43.28%), Cholesterol: 0mg (0%), Sodium: 154.72mg (6.73%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 5.9g (11.79%), Selenium: 16.55µg (23.65%), Manganese: 0.4mg (19.81%), Vitamin B3: 3.66mg (18.28%), Vitamin B1: 0.26mg (17.67%), Fiber: 4.27g (17.06%), Vitamin K: 14.55µg (13.86%), Vitamin C: 11.4mg (13.82%), Folate: 54.17µg (13.54%), Vitamin B2: 0.22mg (13.03%), Iron: 2.11mg (11.7%), Vitamin A: 582.55IU (11.65%), Copper: 0.22mg (11.07%), Vitamin E: 1.56mg (10.43%), Potassium: 338.99mg (9.69%), Phosphorus: 78.69mg (7.87%), Magnesium: 27.14mg (6.79%), Zinc: 0.71mg (4.72%), Vitamin B6: 0.08mg (3.82%), Vitamin B5: 0.35mg (3.5%), Calcium: 18.19mg (1.82%)