

# Peach Cream Pie I

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

DESSERT

## Ingredients

- 0.3 cup butter
- 1 eggs
- 0.3 cup flour all-purpose
- 3 cups peaches – fresh pitted sliced
- 1 teaspoon vanilla extract
- 1 cup sugar white

## Equipment

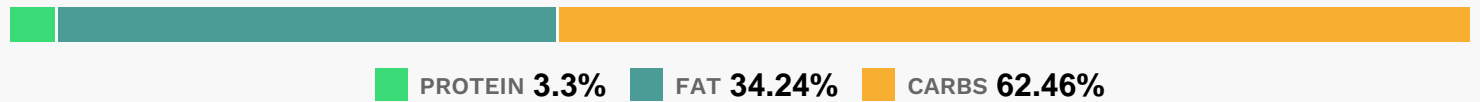
- oven

pie form

## Directions

- Line a 9 inch pie pan with crust.
- Place peaches in the unbaked pie shell.
- Cream together the sugar and butter or margarine.
- Add the egg, flour, and vanilla; mix together completely.
- Spread this mixture over the top of the peaches.
- Bake at 300 degrees F (150 degrees C) for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:29.42, Glycemic Load:22.33, Inflammation Score:-3, Nutrition Score:3.0873913091162%

## Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 216.58kcal (10.83%), Fat: 8.48g (13.05%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 33.81g (12.29%), Sugar: 29.9g (33.22%), Cholesterol: 40.8mg (13.6%), Sodium: 76.53mg (3.33%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 1.84g (3.67%), Vitamin A: 454.33IU (9.09%), Selenium: 4.91µg (7.02%), Vitamin E: 0.7mg (4.68%), Vitamin B2: 0.08mg (4.54%), Fiber: 1.01g (4.03%), Folate: 15.86µg (3.97%), Vitamin B3: 0.78mg (3.92%), Vitamin B1: 0.06mg (3.83%), Manganese: 0.07mg (3.72%), Phosphorus: 31.52mg (3.15%), Iron: 0.55mg (3.05%), Copper: 0.06mg (2.93%), Vitamin C: 2.37mg (2.87%), Potassium: 87.13mg (2.49%), Vitamin K: 2.43µg (2.31%), Vitamin B5: 0.21mg (2.06%), Zinc: 0.25mg (1.68%), Magnesium: 6.68mg (1.67%), Vitamin B6: 0.03mg (1.32%), Vitamin B12: 0.06µg (1.08%)