



Peach Cream Pie II

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



223 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.5 cups heavy whipping cream
- ☐ 6 peaches – fresh pitted sliced
- ☐ 0.8 cup sugar white

Equipment

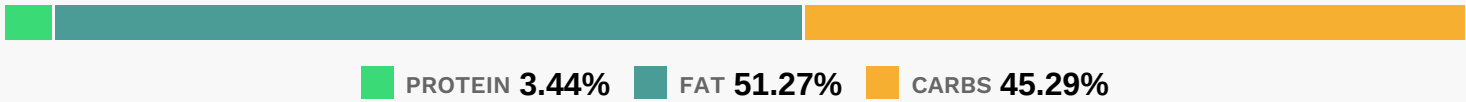
- ☐ bowl

☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C).
- ☐ In a small bowl, mix sugar, flour, nutmeg and cinnamon.
- ☐ Sprinkle a handful in the bottom of uncooked pie shell. Fill pie shell with sliced peaches, and sprinkle with remaining sugar mixture. Cover peaches with heavy cream; you may not need all the cream.
- ☐ Bake pie for 10 minutes. Reduce heat to 350 degrees F (175 degrees C), and bake for 50 minutes longer.

Nutrition Facts



Properties

Glycemic Index:26.03, Glycemic Load:14.43, Inflammation Score:-5, Nutrition Score:4.0330435063528%

Flavonoids

Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg Catechin: 4.43mg, Catechin: 4.43mg, Catechin: 4.43mg, Catechin: 4.43mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 222.9kcal (11.15%), Fat: 13.22g (20.34%), Saturated Fat: 8.25g (51.55%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 24.84g (9.03%), Sugar: 23.59g (26.21%), Cholesterol: 40.34mg (13.45%), Sodium: 21.54mg (0.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.99%), Vitamin A: 818.45IU (16.37%), Vitamin E: 0.99mg (6.59%), Vitamin B2: 0.11mg (6.2%), Fiber: 1.44g (5.76%), Selenium: 3.56µg (5.09%), Vitamin C: 3.91mg (4.74%), Phosphorus: 42.31mg (4.23%), Vitamin B3: 0.84mg (4.19%), Potassium: 146.14mg (4.18%), Manganese: 0.08mg (3.98%), Copper: 0.08mg (3.91%), Vitamin D: 0.57µg (3.81%), Vitamin K: 3.87µg (3.68%), Calcium: 28.33mg (2.83%), Vitamin B1: 0.04mg (2.72%), Magnesium: 10.19mg (2.55%), Folate: 9.63µg (2.41%), Iron: 0.43mg (2.37%), Vitamin B5: 0.24mg (2.36%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.04mg (1.79%)