



Peach Crostata

READY IN



45 min.

SERVINGS



6

CALORIES



416 kcal

DESSERT

Ingredients

- 1 pie crust dough
- 4 large peaches thinly sliced
- 0.5 cup sugar
- 2 tablespoons flour all-purpose
- 1 tablespoon butter
- 1 eggs whole beaten
- 6 servings whipped cream for serving

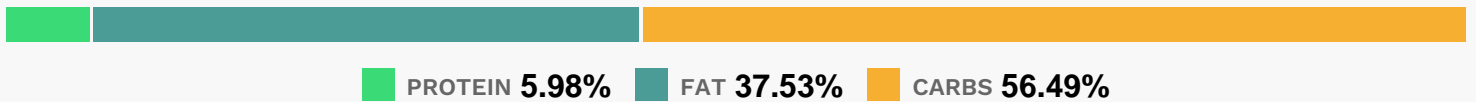
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 375 degrees.
- Line a baking sheet with parchment paper.
- Set the uncooked pie dough onto the baking sheet.
- Mix peaches, sugar, and flour together in a bowl.
- Pour fruit mixture into the center of the pastry round, leaving about 2 1/2 inches around the edge.
- Fold up the edge of the pastry dough over the filling to make a rim. Fan the edge as you go around folding the dough.
- Brush pastry with the beaten egg and place the pat of butter on top of the fruit mixture.
- Bake for 30 to 45 minutes.
- Cool the crostata on a rack.

Nutrition Facts



Properties

Glycemic Index:49.39, Glycemic Load:26.27, Inflammation Score:-6, Nutrition Score:8.5765217391304%

Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Catechin: 5.74mg, Catechin: 5.74mg, Catechin: 5.74mg, Catechin: 5.74mg Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 415.59kcal (20.78%), Fat: 17.63g (27.12%), Saturated Fat: 8.25g (51.55%), Carbohydrates: 59.7g (19.9%), Net Carbohydrates: 56.71g (20.62%), Sugar: 40.45g (44.94%), Cholesterol: 61.34mg (20.45%), Sodium: 209.48mg (9.11%), Protein: 6.32g (12.64%), Vitamin B2: 0.29mg (17.21%), Vitamin A: 756.39IU (15.13%), Phosphorus: 133.15mg (13.31%), Selenium: 8.48µg (12.11%), Fiber: 2.99g (11.95%), Manganese: 0.22mg (11.07%), Vitamin B1: 0.16mg (10.38%), Calcium: 99.74mg (9.97%), Vitamin B3: 1.94mg (9.68%), Folate: 38.23µg (9.56%), Potassium: 314.85mg (9%), Vitamin E: 1.31mg (8.75%), Iron: 1.45mg (8.03%), Vitamin B5: 0.8mg (8.03%), Copper: 0.14mg (6.87%), Zinc: 0.97mg (6.45%), Vitamin C: 5.18mg (6.28%), Magnesium: 24.3mg (6.07%), Vitamin K: 5.96µg (5.68%), Vitamin B12: 0.33µg (5.44%), Vitamin B6: 0.09mg (4.43%), Vitamin D: 0.28µg (1.86%)