

Peach Crumb Pie

READY IN



115 min.

SERVINGS



8

CALORIES



395 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 0.3 cup almonds sliced
- ☐ 0.3 cup cornstarch
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 juice of lemon
- ☐ 0.3 cup brown sugar light packed
- ☐ 3 pounds but peaches firm pitted ripe peeled sliced

- ☐ 1 roll pie dough store-bought recommended: Pillsbury
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons butter unsalted thinly sliced
- ☐ 4 tablespoons butter unsalted cut into small cubes

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oven to 375 degrees F.
- ☐ In a large bowl, combine the peaches, sugar, and cinnamon.
- ☐ Add the cornstarch to a small bowl and whisk in the lemon juice so no lumps remain.
- ☐ Pour the cornstarch mixture over the peaches and toss.
- ☐ Let the peaches sit for 15 minutes while you roll out the pie dough and make the streusel topping.
- ☐ Mix the flour, brown sugar, cinnamon, allspice, and salt in a large bowl. Blend the butter into the mixture with your fingers until it forms pea-size lumps and looks crumbly. Stir in the almonds.
- ☐ Roll out the dough an extra inch on a lightly-floured surface.
- ☐ Place the dough in the bottom of a 9-inch pie pan. Crimp edges as desired.
- ☐ Pour the pie filling into the pie shell and sprinkle the streusel topping over the pie. Dot the top with sliced butter.
- ☐ Bake for 45 to 50 minutes.
- ☐ Remove from the oven and let cool before serving.

Nutrition Facts



PROTEIN 4.11% **FAT 36.44%** **CARBS 59.45%**

Properties

Glycemic Index:27.54, Glycemic Load:21.18, Inflammation Score:-6, Nutrition Score:8.2469565686972%

Flavonoids

Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg Catechin: 8.42mg, Catechin: 8.42mg, Catechin: 8.42mg, Catechin: 8.42mg Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 394.84kcal (19.74%), Fat: 16.54g (25.45%), Saturated Fat: 7.31g (45.72%), Carbohydrates: 60.72g (20.24%), Net Carbohydrates: 56.9g (20.69%), Sugar: 39.89g (44.32%), Cholesterol: 22.58mg (7.53%), Sodium: 117.7mg (5.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Manganese: 0.35mg (17.72%), Vitamin E: 2.57mg (17.16%), Vitamin A: 818.17IU (16.36%), Fiber: 3.82g (15.29%), Vitamin B3: 2.33mg (11.66%), Copper: 0.2mg (10.16%), Selenium: 6.69µg (9.55%), Vitamin B2: 0.16mg (9.38%), Vitamin C: 7.73mg (9.37%), Vitamin B1: 0.14mg (9.26%), Folate: 34.71µg (8.68%), Iron: 1.55mg (8.64%), Phosphorus: 79.03mg (7.9%), Potassium: 275.96mg (7.88%), Magnesium: 29.26mg (7.32%), Vitamin K: 7.46µg (7.1%), Zinc: 0.65mg (4.36%), Vitamin B5: 0.41mg (4.05%), Calcium: 32.64mg (3.26%), Vitamin B6: 0.06mg (3.23%), Vitamin D: 0.16µg (1.05%)