



Peach Crumble Pie

READY IN



150 min.

SERVINGS



8

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 2 tablespoons water cold
- ☐ 4 cups peaches peeled quartered (8 to 10 medium)
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon nutmeg
- ☐ 2 tablespoons whipping cream
- ☐ 1 eggs

- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 cup butter softened

Equipment

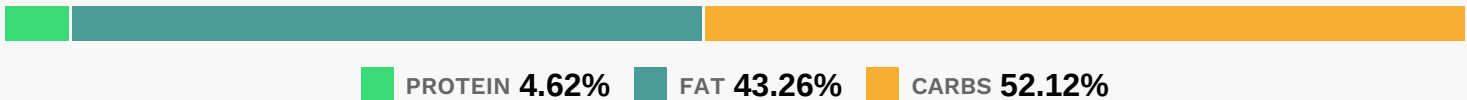
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ In medium bowl, mix 1 cup flour and the salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball. On lightly floured surface, shape pastry into flattened disk. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. (If refrigerated longer, let dough soften slightly before rolling.)
- ☐ Heat oven to 425°F. On lightly floured surface, roll pastry with floured rolling pin into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into quarters; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate; press edge with tines of fork or flute if desired.
- ☐ Place peaches in pastry-lined plate.

- ☐ Mix granulated sugar and 1/2 teaspoon nutmeg; sprinkle over peaches. In small bowl, beat whipping cream and egg with fork or wire whisk until blended; pour over peaches. In another small bowl, mix topping ingredients with fork until crumbly; sprinkle over peaches.
- ☐ Cover edge of pastry with 2- to 3-inch-wide strip of foil to prevent excessive browning; remove foil for last 15 minutes of baking.
- ☐ Bake 35 to 40 minutes or until top is golden brown. Cool 30 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:50.67, Glycemic Load:24.37, Inflammation Score:-5, Nutrition Score:6.7186956146489%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 340.17kcal (17.01%), Fat: 16.68g (25.65%), Saturated Fat: 4.45g (27.84%), Carbohydrates: 45.21g (15.07%), Net Carbohydrates: 43.35g (15.76%), Sugar: 25.85g (28.72%), Cholesterol: 24.7mg (8.23%), Sodium: 234.15mg (10.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Selenium: 11.53µg (16.47%), Vitamin B1: 0.21mg (13.9%), Folate: 50.53µg (12.63%), Vitamin A: 589.96IU (11.8%), Manganese: 0.23mg (11.5%), Vitamin B2: 0.18mg (10.41%), Vitamin B3: 2.02mg (10.12%), Vitamin E: 1.41mg (9.42%), Iron: 1.52mg (8.46%), Fiber: 1.86g (7.44%), Vitamin K: 7.08µg (6.74%), Phosphorus: 57.66mg (5.77%), Copper: 0.11mg (5.26%), Potassium: 143.5mg (4.1%), Vitamin C: 3.2mg (3.88%), Vitamin B5: 0.39mg (3.88%), Magnesium: 13.49mg (3.37%), Zinc: 0.43mg (2.87%), Vitamin B6: 0.04mg (2.21%), Calcium: 21.37mg (2.14%), Vitamin D: 0.17µg (1.13%), Vitamin B12: 0.06µg (1.03%)