



Peach Custard Pie I

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1135 kcal

DESSERT

Ingredients

- 1 eggs
- 1 tablespoon flour all-purpose
- 1 pinch ground cinnamon
- 6 peaches - fresh pitted sliced
- 9 inch pie shell
- 1 pinch salt
- 0.5 cup sugar white

Equipment

bowl

oven

Directions

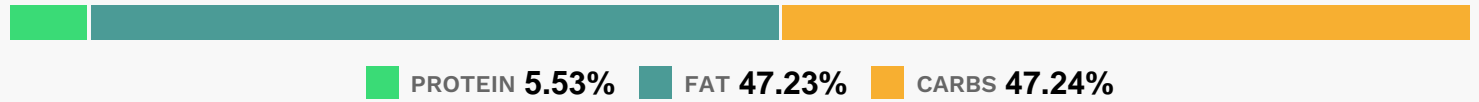
Preheat oven to 400 degrees F (200 degrees C).

Place the sliced peaches in an unbaked pastry shell.

In a medium bowl, combine sugar, flour, salt, cinnamon and egg. Beat well and pour over peaches.

Bake on bottom rack at 400 degrees F (200 degrees C) for approximately 30 minutes.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:13.14, Inflammation Score:-7, Nutrition Score:18.487826007864%

Flavonoids

Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 1134.96kcal (56.75%), Fat: 59.53g (91.59%), Saturated Fat: 18.55g (115.96%), Carbohydrates: 133.98g (44.66%), Net Carbohydrates: 126.63g (46.05%), Sugar: 21.94g (24.37%), Cholesterol: 20.46mg (6.82%), Sodium: 947.68mg (41.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.67g (31.35%), Manganese: 1.08mg (53.8%), Vitamin B1: 0.66mg (43.69%), Folate: 168.55µg (42.14%), Iron: 6.38mg (35.45%), Vitamin B3: 7.04mg (35.21%), Fiber: 7.35g (29.4%), Vitamin B2: 0.45mg (26.44%), Selenium: 17.27µg (24.67%), Phosphorus: 198.67mg (19.87%), Vitamin K: 19.83µg (18.88%), Copper: 0.26mg (13.14%), Vitamin E: 1.92mg (12.77%), Vitamin B5: 1.17mg (11.72%), Magnesium: 43.63mg (10.91%), Potassium: 364.45mg (10.41%), Zinc: 1.35mg (9%), Vitamin A: 398.77IU (7.98%), Vitamin B6: 0.15mg (7.52%), Vitamin C: 4.61mg (5.59%), Calcium: 50.85mg (5.08%)