



## Peach "Fried" Pie

 Vegetarian

READY IN



180 min.

SERVINGS



12

CALORIES



304 kcal

DESSERT

### Ingredients

- ☐ 9 tablespoons butter unsalted frozen cut into small pieces
- ☐ 8 ounces peaches dried
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon milk fat-free
- ☐ 2.8 cups flour all-purpose divided
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup orange juice
- ☐ 1 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup vodka chilled
- ☐ 0.3 cup water cold
- ☐ 1 cup water

## Equipment

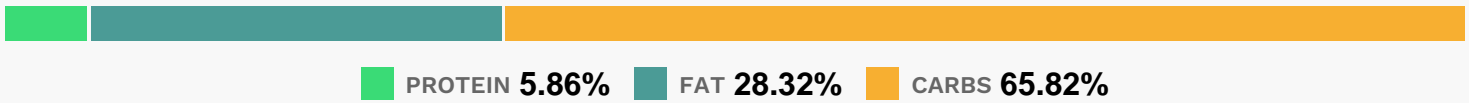
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ potato masher
- ☐ aluminum foil
- ☐ wax paper
- ☐ measuring cup

## Directions

- ☐ To prepare crust, weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 2 1/2 cups flour, salt, and 2 tablespoons sugar in a food processor; pulse 10 times.
- ☐ Add frozen butter, and process until mixture resembles coarse meal.
- ☐ Place food processor bowl and flour mixture in freezer for 15 minutes.
- ☐ Place the bowl back on the processor.
- ☐ Combine vodka and cold water.
- ☐ Add the vodka mixture slowly through food chute, pulsing just until combined.

- ☐ Divide dough into 12 equal portions. Shape each dough portion into a ball; flatten each ball into a 3-inch circle on a lightly floured surface.
- ☐ Roll each dough portion into a 5-inch circle, adding the remaining 1/4 cup flour as needed to prevent dough from sticking. Stack dough circles between single layers of wax paper or plastic wrap to prevent sticking. Cover stack with plastic wrap; refrigerate at least 2 hours or overnight.
- ☐ To prepare filling, combine peaches, 1 cup water, orange juice, 3/4 cup sugar, and cinnamon in a medium saucepan. Bring to a simmer; cover and cook for 1 hour, stirring occasionally.
- ☐ Remove from heat, and mash with a potato masher; cool.
- ☐ Preheat oven to 425
- ☐ Place a large foil-lined baking sheet in oven.
- ☐ Remove dough from the refrigerator. Working with 1 circle at a time, spoon 2 level tablespoons peach mixture into center of each circle. Fold dough over filling; press edges together with a fork to seal.
- ☐ Combine milk and egg in a small bowl, stirring with a whisk.
- ☐ Brush pies evenly with egg mixture.
- ☐ Cut three diagonal slits across top of each pie.
- ☐ Remove hot baking sheet from oven, and coat with cooking spray.
- ☐ Place pies, cut sides up, on baking sheet, and place on middle oven rack.
- ☐ Bake at 425 for 18 minutes or until lightly browned. Cool slightly on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:26.7, Glycemic Load:26.51, Inflammation Score:-6, Nutrition Score:7.5121739377146%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 303.55kcal (15.18%), Fat: 9.41g (14.47%), Saturated Fat: 5.59g (34.92%), Carbohydrates: 49.19g (16.4%), Net Carbohydrates: 46.76g (17%), Sugar: 23.39g (25.98%), Cholesterol: 38.11mg (12.7%), Sodium: 204.82mg (8.91%), Alcohol: 1.67g (100%), Alcohol %: 1.78% (100%), Protein: 4.38g (8.76%), Selenium: 11.32µg (16.17%), Vitamin B1: 0.24mg (15.85%), Folate: 57.83µg (14.46%), Vitamin A: 717.4IU (14.35%), Manganese: 0.29mg (14.31%), Vitamin B3: 2.57mg (12.86%), Vitamin B2: 0.21mg (12.48%), Iron: 2.22mg (12.31%), Fiber: 2.43g (9.73%), Vitamin C: 6.08mg (7.37%), Potassium: 251.01mg (7.17%), Phosphorus: 67.65mg (6.76%), Copper: 0.13mg (6.27%), Magnesium: 16.59mg (4.15%), Vitamin K: 3.86µg (3.68%), Vitamin B5: 0.33mg (3.32%), Zinc: 0.39mg (2.6%), Vitamin E: 0.35mg (2.32%), Calcium: 19.9mg (1.99%), Vitamin B6: 0.04mg (1.89%), Vitamin D: 0.25µg (1.7%), Vitamin B12: 0.06µg (1.04%)