



WHATSheATE



## Peach Lattice Pie

READY IN



45 min.

SERVINGS



8

CALORIES



434 kcal

DESSERT

## Ingredients

- ☐ 3 tablespoons flour
- ☐ 1 egg whites beaten to blend
- ☐ 1 egg yolk with 2 teaspoons water (glaze) beaten to blend
- ☐ 0.5 teaspoon ground cinnamon (scant)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3.5 pounds peaches firm pitted ripe peeled halved cut into 3 wedges
- ☐ 2 pie crust dough
- ☐ 1 pinch salt
- ☐ 1 cup sugar divided

- ☐ 1 tablespoon ground cinnamon mixed with 1/4 teaspoon ground cinnamon (cinnamon sugar)
- ☐ 2 tablespoons butter unsalted ()
- ☐ 0.3 cup water
- ☐ 2 tablespoons whipping cream

## Equipment

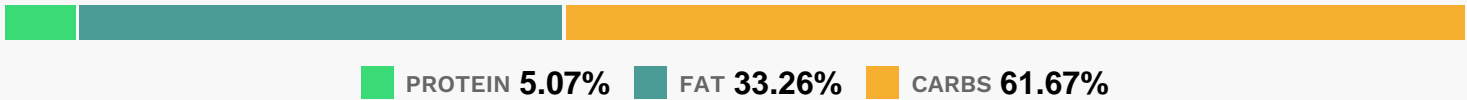
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ pastry brush
- ☐ pie form

## Directions

- ☐ Position rack in center of oven and preheat to 375°F.
- ☐ Place foil-lined baking sheet in bottom of oven to catch any spills.
- ☐ Roll out 1 pie crust disk on lightly floured surface to 13 1/2-inch round.
- ☐ Transfer to 9-inch-diameter glass pie dish. Trim overhang to 1 inch. Fold edges under and crimp decoratively, forming high rim (about 1/2 inch above sides of dish). Chill crust 30 minutes. Line crust with foil; fill with dried beans.
- ☐ Bake crust until sides are set and pale golden, about 35 minutes.
- ☐ Transfer to rack; remove foil and beans.
- ☐ Brush warm crust with egg white. Cool completely.
- ☐ Meanwhile, line another baking sheet with parchment paper.
- ☐ Roll out second pie crust disk on floured surface to 13 1/2-inch round.
- ☐ Cut into 3/4-inch-wide strips.

- ☐ Place strips on prepared baking sheet. Chill while preparing filling.
- ☐ Combine 1/2 cup sugar, cinnamon, and salt in large bowl.
- ☐ Add peaches and lemon juice and toss gently to coat.
- ☐ Let stand 30 minutes.
- ☐ Meanwhile, stir remaining 1/2 cup sugar and 1/4 cup water in medium saucepan over medium heat until sugar dissolves. Increase heat; boil without stirring until syrup is deep amber, occasionally swirling pan and brushing down sides with wet pastry brush, about 11 minutes.
- ☐ Remove from heat.
- ☐ Add butter and cream (mixture will bubble vigorously); stir caramel until smooth. Strain juices from peaches into caramel; cool to lukewarm. Preheat oven to 375°F.
- ☐ Add caramel and flour to peaches in bowl; toss gently.
- ☐ Transfer filling to crust, mounding in center.
- ☐ Arrange 6 dough strips in 1 direction across top of pie, spacing apart. Working with 1 strip at a time, arrange 6 more strips in opposite direction atop first, lifting strips and weaving over and under, forming lattice. Gently press ends of strips to edge of baked bottom crust to adhere. Trim overhang.
- ☐ Brush lattice strips (but not crust edge) with egg yolk glaze.
- ☐ Sprinkle strips with cinnamon sugar.
- ☐ Bake pie 35 minutes. Tent pie loosely with foil to prevent overbrowning. Continue to bake pie until filling bubbles thickly and lattice is golden brown, about 25 minutes longer. Cool pie on rack.
- ☐ Test-kitchen tip:Lattice
- ☐ Here's an easy way to create the beautiful lattice-top look without any of the tricky weaving: Simply arrange 6 of the chilled pie crust strips diagonally across the top of the pie, then place the remaining 6 pastry strips diagonally in opposite direction atop first 6 strips.

## Nutrition Facts



## Properties

Glycemic Index:24.42, Glycemic Load:25.89, Inflammation Score:-6, Nutrition Score:9.8478260558584%

## Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg Epigallocatechin: 2.06mg, Epigallocatechin: 2.06mg, Epigallocatechin: 2.06mg, Epigallocatechin: 2.06mg Epicatechin: 4.64mg, Epicatechin: 4.64mg, Epicatechin: 4.64mg, Epicatechin: 4.64mg Epigallocatechin 3–gallate: 0.6mg, Epigallocatechin 3–gallate: 0.6mg, Epigallocatechin 3–gallate: 0.6mg, Epigallocatechin 3–gallate: 0.6mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 434.29kcal (21.71%), Fat: 16.54g (25.44%), Saturated Fat: 6.39g (39.93%), Carbohydrates: 69.01g (23%), Net Carbohydrates: 64.29g (23.38%), Sugar: 41.83g (46.48%), Cholesterol: 36.06mg (12.02%), Sodium: 213.98mg (9.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Manganese: 0.53mg (26.38%), Fiber: 4.72g (18.87%), Vitamin A: 825.83IU (16.52%), Vitamin B3: 2.94mg (14.69%), Selenium: 9.89µg (14.13%), Vitamin B1: 0.19mg (12.82%), Folate: 50.94µg (12.73%), Vitamin E: 1.85mg (12.32%), Iron: 2.09mg (11.59%), Vitamin B2: 0.19mg (11.16%), Vitamin C: 8.93mg (10.82%), Copper: 0.2mg (10.07%), Vitamin K: 9.8µg (9.33%), Phosphorus: 90.52mg (9.05%), Potassium: 306.59mg (8.76%), Magnesium: 24.59mg (6.15%), Vitamin B5: 0.58mg (5.82%), Zinc: 0.76mg (5.05%), Vitamin B6: 0.08mg (4.21%), Calcium: 34.77mg (3.48%), Vitamin D: 0.23µg (1.56%)