



## Peach Mug Pie

READY IN



20 min.

SERVINGS



4

CALORIES



826 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar
- 3 tablespoons confectioners' sugar
- 1 tablespoon cornstarch
- 4 graham crackers crumbled
- 1 cup heavy cream
- 15 1 (15-ounce) can peach halves chopped canned
- 1 pinch salt
- 1 pint whipped cream softened
- 2 tablespoons water

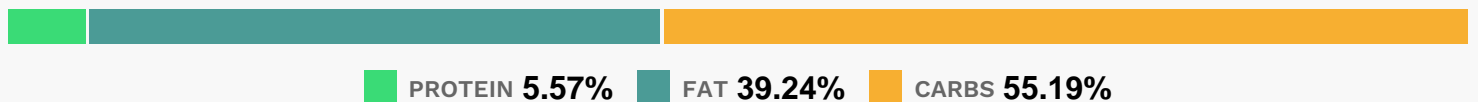
## Equipment

- bowl
- whisk
- mixing bowl
- pot

## Directions

- Watch how to make this recipe.
- In a small bowl whisk together 2 tablespoons water with the cornstarch. In a small pot over medium heat reserved peach juice, cornstarch mixture, brown sugar and salt. Once the sauce thickens, about 5 minutes, stir in the chopped peaches.
- In a chilled mixing bowl whip heavy cream with confectioners' sugar until soft peaks form. Use 1 cup for mug pies, and reserve the rest for the Caramel Cocktail recipe.
- Begin assembling peach pies by in clear glass mugs.
- Place a layer of graham crackers at the bottom, then a big spoonful of the peach pie filling.
- Sprinkle with another layer of graham crackers. Top with a scoop of vanilla ice cream, then another layer of graham crackers followed by a dollop of whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:43.81, Glycemic Load:43.54, Inflammation Score:-9, Nutrition Score:22.598695713541%

## Flavonoids

Cyanidin: 10.8mg, Cyanidin: 10.8mg, Cyanidin: 10.8mg, Cyanidin: 10.8mg Catechin: 27.67mg, Catechin: 27.67mg, Catechin: 27.67mg, Catechin: 27.67mg Epigallocatechin: 5.85mg, Epigallocatechin: 5.85mg, Epigallocatechin: 5.85mg, Epigallocatechin: 5.85mg Epicatechin: 13.16mg, Epicatechin: 13.16mg, Epicatechin: 13.16mg, Epicatechin: 13.16mg Epigallocatechin 3-gallate: 1.69mg, Epigallocatechin 3-gallate: 1.69mg, Epigallocatechin 3-gallate: 1.69mg, Epigallocatechin 3-gallate: 1.69mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

## Nutrients (% of daily need)

Calories: 825.99kcal (41.3%), Fat: 37.41g (57.56%), Saturated Fat: 22.04g (137.77%), Carbohydrates: 118.39g (39.46%), Net Carbohydrates: 108.63g (39.5%), Sugar: 96.43g (107.15%), Cholesterol: 119.28mg (39.76%), Sodium: 290.3mg (12.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.9%), Vitamin A: 3206.42IU (64.13%), Fiber: 9.76g (39.04%), Vitamin B2: 0.6mg (35.58%), Vitamin E: 5.01mg (33.39%), Phosphorus: 311.56mg (31.16%), Vitamin C: 24.13mg (29.25%), Potassium: 1021.43mg (29.18%), Vitamin B3: 5.25mg (26.27%), Copper: 0.49mg (24.29%), Calcium: 235.99mg (23.6%), Selenium: 15.98µg (22.83%), Magnesium: 75.36mg (18.84%), Vitamin K: 19.13µg (18.22%), Manganese: 0.36mg (18.17%), Vitamin B5: 1.72mg (17.18%), Zinc: 2.53mg (16.87%), Iron: 2.77mg (15.37%), Vitamin B1: 0.23mg (15.15%), Folate: 48.62µg (12.16%), Vitamin B6: 0.24mg (11.89%), Vitamin B12: 0.56µg (9.28%), Vitamin D: 1.19µg (7.92%)