



Peach Pie

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



151 kcal

DESSERT

Ingredients

- 1 Tbsp butter
- 1 Tbsp juice of lemon
- 0.3 cup minute tapioca
- 4 cups peaches peeled sliced
- 15 oz ready-to-use pie crusts refrigerated (2 crusts)
- 0.8 cup sugar

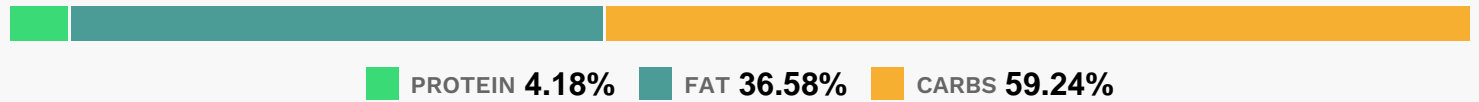
Equipment

- oven

Directions

- Preheat oven to 400F.
- Mix peaches, sugar, tapioca and lemon juice.
- Let stand 15 minutes.
- Place 1 of the pie crusts in 9-inch pie plate. Fill with fruit mixture; dot with butter. Cover with remaining pie crust; seal and flute edge.
- Cut several slits in top crust to allow steam to escape.
- Bake 45 to 50 minutes or until juices form bubbles that burst slowly. Cool.

Nutrition Facts



Properties

Glycemic Index:5.52, Glycemic Load:6.3, Inflammation Score:-2, Nutrition Score:2.2608695345242%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 150.84kcal (7.54%), Fat: 6.22g (9.56%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 21.65g (7.87%), Sugar: 10.09g (11.21%), Cholesterol: 0mg (0%), Sodium: 97.65mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Manganese: 0.11mg (5.66%), Vitamin B1: 0.07mg (4.41%), Folate: 16.89µg (4.22%), Vitamin B3: 0.82mg (4.12%), Fiber: 1g (3.98%), Iron: 0.66mg (3.68%), Vitamin B2: 0.05mg (2.79%), Selenium: 1.9µg (2.72%), Vitamin A: 125.7IU (2.51%), Vitamin K: 2.48µg (2.36%), Vitamin E: 0.35mg (2.3%), Phosphorus: 22.31mg (2.23%), Copper: 0.04mg (2.03%), Vitamin C: 1.55mg (1.88%), Potassium: 59.42mg (1.7%), Magnesium: 5.72mg (1.43%), Vitamin B5: 0.13mg (1.35%), Zinc: 0.17mg (1.12%)