

Peach Pie

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



617 kcal

DESSERT

Ingredients

- 3 ounces almond paste crumbled
- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 4 large eggs
- 2 cups cup heavy whipping cream
- 6 servings pastry crust
- 3 cups peaches
- 1 tablespoon vanilla extract

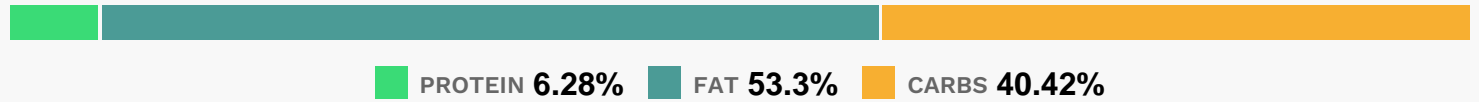
Equipment

- bowl
- oven

Directions

- Preheat the oven at 37
- Place the pastry dough on a 9 inch round pie plate. Poke lightly the pastry and prebake for 8 minutes in the hot oven.
- Remove and set aside. In a large bowl mix together the eggs, almond paste, heavy cream, brown sugar and vanilla extract.
- Add the cut up peaches to the pastry shell, cover with the eggs mixture.
- Bake at 350 for 45 minutes, or until the middle is solid firm.

Nutrition Facts



Properties

Glycemic Index:13.04, Glycemic Load:6.33, Inflammation Score:-7, Nutrition Score:12.65%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 617.04kcal (30.85%), Fat: 37.08g (57.05%), Saturated Fat: 19.96g (124.73%), Carbohydrates: 63.28g (21.09%), Net Carbohydrates: 61.09g (22.21%), Sugar: 49.91g (55.45%), Cholesterol: 213.65mg (71.22%), Sodium: 182.27mg (7.92%), Alcohol: 0.75g (4.14%), Protein: 9.82g (19.65%), Vitamin A: 1597.22IU (31.94%), Selenium: 19.69µg (28.13%), Vitamin B2: 0.45mg (26.52%), Vitamin E: 3.57mg (23.81%), Phosphorus: 181.37mg (18.14%), Manganese: 0.3mg (14.87%), Calcium: 131.25mg (13.12%), Vitamin D: 1.94µg (12.91%), Folate: 50.89µg (12.72%), Iron: 2.02mg (11.24%), Vitamin B1: 0.16mg (10.82%), Magnesium: 40.55mg (10.14%), Copper: 0.2mg (9.76%), Vitamin B5: 0.95mg

(9.54%), Potassium: 325.85mg (9.31%), Fiber: 2.2g (8.79%), Vitamin B3: 1.72mg (8.61%), Zinc: 1.11mg (7.43%), Vitamin B12: 0.42µg (7.06%), Vitamin B6: 0.13mg (6.5%), Vitamin K: 5.42µg (5.17%), Vitamin C: 3.65mg (4.42%)