



Peach Pie

 Dairy Free

READY IN



190 min.

SERVINGS



8

CALORIES



323 kcal

DESSERT

Ingredients

- 0.7 cup sugar
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 5 cups peaches fresh peeled sliced (5 to 6 medium)
- 1 teaspoon juice of lemon
- 12 oz deep dish pie crust frozen (2 Count)

Equipment

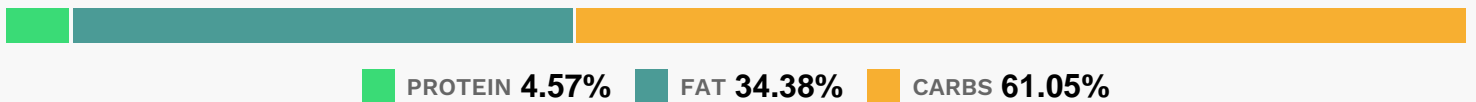
- bowl

- frying pan
- baking sheet
- oven
- knife
- wire rack
- aluminum foil

Directions

- Place cookie sheet on oven rack.
- Heat oven to 400°F.
- In large bowl, mix sugar, flour and cinnamon. Stir in peaches and lemon juice. Spoon into frozen crust. While second crust is still in pan and frozen, remove crimp with sharp knife.
- Remove crust from pan and center frozen crust upside down on top of filled pie.
- Let thaw 10 minutes; crimp edges together.
- Cut 2 or 3 slits in top crust. Cover edge of crust with pie shield or foil strips.
- Bake on cookie sheet about 45 minutes or until crust is golden brown and juice is thick and bubbly. Cover entire top of pie loosely with foil if crust is getting too brown. Cool on cooling rack at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:17.84, Inflammation Score:-4, Nutrition Score:6.0913042866665%

Flavonoids

Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg Catechin: 4.74mg, Catechin: 4.74mg, Catechin: 4.74mg, Catechin: 4.74mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 322.86kcal (16.14%), Fat: 12.59g (19.37%), Saturated Fat: 3.48g (21.77%), Carbohydrates: 50.29g (16.76%), Net Carbohydrates: 48.07g (17.48%), Sugar: 24.74g (27.49%), Cholesterol: 0mg (0%), Sodium: 162.91mg (7.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Manganese: 0.31mg (15.42%), Folate: 48.18µg (12.04%), Vitamin B3: 2.15mg (10.74%), Vitamin B1: 0.16mg (10.71%), Fiber: 2.21g (8.86%), Vitamin K: 9.3µg (8.86%), Iron: 1.54mg (8.58%), Selenium: 5.8µg (8.29%), Vitamin E: 1.24mg (8.24%), Vitamin B2: 0.12mg (7.04%), Vitamin A: 314IU (6.28%), Copper: 0.12mg (5.88%), Phosphorus: 55.81mg (5.58%), Vitamin C: 4.19mg (5.08%), Potassium: 162.94mg (4.66%), Magnesium: 15.3mg (3.82%), Vitamin B5: 0.32mg (3.24%), Zinc: 0.46mg (3.04%), Vitamin B6: 0.05mg (2.34%), Calcium: 13.97mg (1.4%)