



Peach Pie from PieLab



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 1 teaspoon ground cinnamon
- ☐ 4 cups peaches fresh sliced
- ☐ 14.1 oz pie crust dough refrigerated
- ☐ 0.8 cup sugar

Equipment

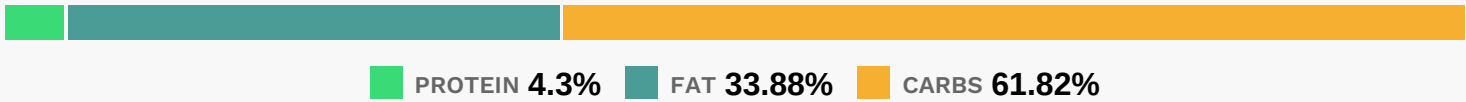
- ☐ sauce pan
- ☐ oven

- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Whisk together first 3 ingredients in a saucepan until blended.
- ☐ Add peaches, tossing to coat. Cook, stirring constantly, over medium heat until thick and bubbly.
- ☐ Remove from heat and cool 15 minutes.
- ☐ Meanwhile, unroll piecrusts onto a lightly floured surface; roll out each to a 12-inch circle. Fit 1 piecrust into a 9-inch pie plate. Spoon cooled peach filling into prepared crust.
- ☐ Place remaining piecrust over filling; fold edges under, sealing to bottom crust, and crimp.
- ☐ Cut 4 or 5 slits in top of pie for steam to escape.
- ☐ Bake at 350 for 1 hour.
- ☐ Remove to a wire rack. Cool 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:14.42, Glycemic Load:15.76, Inflammation Score:-3, Nutrition Score:5.484782581744%

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: 348.73kcal (17.44%), Fat: 13.3g (20.46%), Saturated Fat: 4.09g (25.58%), Carbohydrates: 54.6g (18.2%), Net Carbohydrates: 52.02g (18.92%), Sugar: 25.18g (27.98%), Cholesterol: 0mg (0%), Sodium: 214.94mg (9.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Manganese: 0.31mg (15.72%), Vitamin B1: 0.16mg

(10.4%), Fiber: 2.57g (10.29%), Folate: 39.61µg (9.9%), Vitamin B3: 1.97mg (9.87%), Iron: 1.61mg (8.94%), Selenium: 4.7µg (6.71%), Vitamin B2: 0.11mg (6.62%), Vitamin K: 6.04µg (5.75%), Phosphorus: 53.6mg (5.36%), Vitamin E: 0.8mg (5.32%), Copper: 0.1mg (5.08%), Vitamin A: 252.26IU (5.05%), Potassium: 143.98mg (4.11%), Vitamin C: 3.17mg (3.84%), Magnesium: 13.92mg (3.48%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.41mg (2.74%), Vitamin B6: 0.04mg (2.23%), Calcium: 15.35mg (1.53%)