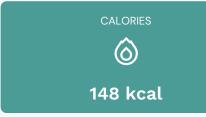


Peach Pie Pops

airy Free







DESSERT

Ingredients

0.3 cup granulated sugar
2 tablespoons cornstarch
0.3 teaspoon ground cinnamon
0.1 teaspoon nutmeg
2 cups peaches peeled chopped (2 large)
14.1 oz pie crust dough refrigerated softened (2 Count)
16 celery stalks with round ends) or paper lollipop sticks
1 eggs slightly beaten

Ш	3 tablespoons sparkling wine white	
Equipment		
	baking sheet	
	sauce pan	
	baking paper	
	oven	
	whisk	
Directions		
	In 2-quart saucepan, mix granulated sugar, cornstarch, cinnamon and nutmeg with whisk.	
	Add peaches; toss to coat. Cook over medium heat, stirring constantly, until sauce is thick and bubbly and coats peaches.	
	Remove from heat. Cool completely.	
	Meanwhile, heat oven to 450°F. Line 2 cookie sheets with cooking parchment paper.	
	Remove 2 pie crusts from pouches; unroll on floured work surface. Using 3 1/2-inch round cutter, cut out 8 rounds from each crust.	
	Place 8 rounds on each cookie sheet. Gently press 1 craft stick in center of each round. Spoo fruit mixture evenly onto each round to within 1/2 inch of edge.	
	Brush edges with egg.	
	Remove remaining 2 pie crusts from pouches; unroll on floured work surface. Using 4-inch round cutter, cut out 8 rounds from each crust.	
	Cut each round into 1/4-inch-wide strips.	
	Place half of strips 1/4 inch apart over filling on each round. Weave remaining strips over and under. Seal edges.	
	Brush strips with remaining egg.	
	Sprinkle with sparkling sugar.	
	Bake 10 to 13 minutes or until crust is golden brown.	
	Remove from cookie sheets to cooling racks; cool completely.	

Nutrition Facts

Properties

Glycemic Index:13.58, Glycemic Load:3.6, Inflammation Score:-1, Nutrition Score:2.6217391218828%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epigallocatechin 3-gallate: 0.06mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 148.14kcal (7.41%), Fat: 6.85g (10.54%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 19.36g (6.45%), Net Carbohydrates: 18.35g (6.67%), Sugar: 5.87g (6.53%), Cholesterol: 10.23mg (3.41%), Sodium: 112.12mg (4.87%), Alcohol: 0.18g (100%), Alcohol %: 0.39% (100%), Protein: 2.1g (4.19%), Manganese: 0.13mg (6.68%), Folate: 21.42µg (5.35%), Vitamin B1: 0.08mg (5.02%), Iron: 0.79mg (4.4%), Vitamin B3: 0.85mg (4.24%), Fiber: 1.01g (4.02%), Selenium: 2.75µg (3.93%), Vitamin B2: 0.06mg (3.79%), Vitamin K: 3.59µg (3.42%), Phosphorus: 29.23mg (2.92%), Vitamin E: 0.3mg (1.97%), Vitamin A: 95.92IU (1.92%), Copper: 0.04mg (1.92%), Potassium: 64.69mg (1.85%), Vitamin B5: 0.18mg (1.83%), Magnesium: 6.42mg (1.6%), Zinc: 0.2mg (1.34%), Vitamin B6: 0.03mg (1.28%), Vitamin C: 0.91mg (1.11%)