



Peach Pie Pops

 Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



148 kcal

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

- 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. Spoon 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

PROTEIN 5.68% FAT 41.82% CARBS 52.5%

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, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 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

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%)