



Peach Pie Pops

 Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



270 kcal

DESSERT

Ingredients

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

- 3 tablespoons sugar 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 450F. 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 5.39% FAT 44.63% CARBS 49.98%

Properties

Glycemic Index:17.96, Glycemic Load:5.17, Inflammation Score:-2, Nutrition Score:4.2734782190427%

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: 269.75kcal (13.49%), Fat: 13.38g (20.59%), Saturated Fat: 4.18g (26.09%), Carbohydrates: 33.73g (11.24%), Net Carbohydrates: 32.1g (11.67%), Sugar: 8.09g (8.99%), Cholesterol: 10.23mg (3.41%), Sodium: 214.27mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.27%), Manganese: 0.24mg (12.22%), Folate: 38.9µg (9.73%), Vitamin B1: 0.14mg (9.61%), Iron: 1.43mg (7.96%), Vitamin B3: 1.52mg (7.6%), Fiber: 1.63g (6.53%), Vitamin B2: 0.11mg (6.3%), Selenium: 4.18µg (5.97%), Vitamin K: 5.42µg (5.16%), Phosphorus: 46.82mg (4.68%), Copper: 0.06mg (2.86%), Vitamin B5: 0.28mg (2.84%), Vitamin E: 0.41mg (2.74%), Magnesium: 9.89mg (2.47%), Potassium: 86.53mg (2.47%), Zinc: 0.31mg (2.08%), Vitamin A: 96.17IU (1.92%), Vitamin B6: 0.04mg (1.88%), Calcium: 13.84mg (1.38%), Vitamin C: 0.91mg (1.11%)