



## Peach Pie the Old Fashioned Two Crust Way

 Vegetarian  Popular

READY IN



75 min.

SERVINGS



8

CALORIES



492 kcal

DESSERT

### Ingredients

- 2 tablespoons butter
- 1 eggs beaten
- 15 ounce pastry for a 9 inch double crust pie
- 0.5 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 2 tablespoons juice of lemon
- 5 cups peaches peeled sliced

- 0.3 teaspoon salt
- 1 cup sugar white

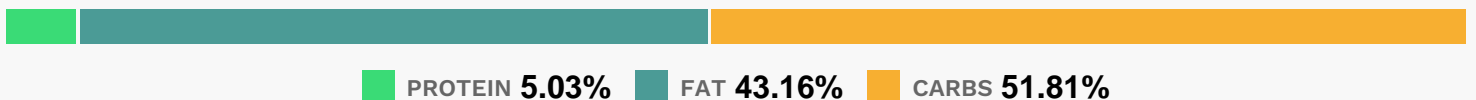
## Equipment

- bowl
- oven
- aluminum foil

## Directions

- Preheat the oven to 450 degrees F (220 degrees C).
- Line the bottom and sides of a 9 inch pie plate with one of the pie crusts.
- Brush with some of the beaten egg to keep the dough from becoming soggy later.
- Place the sliced peaches in a large bowl, and sprinkle with lemon juice.
- Mix gently. In a separate bowl, mix together the flour, sugar, cinnamon, nutmeg and salt.
- Pour over the peaches, and mix gently.
- Pour into the pie crust, and dot with butter. Cover with the other pie crust, and fold the edges under. Flute the edges to seal or press the edges with the tines of a fork dipped in egg.
- Brush the remaining egg over the top crust.
- Cut several slits in the top crust to vent steam.
- Bake for 10 minutes in the preheated oven, then reduce the heat to 350 degrees F (175 degrees C) and bake for an additional 30 to 35 minutes, until the crust is brown and the juice begins to bubble through the vents. If the edges brown to fast, cover them with strips of aluminum foil about halfway through baking. Cool before serving. This tastes better warm than hot.

## Nutrition Facts



## Properties

Glycemic Index:45.79, Glycemic Load:38.09, Inflammation Score:-5, Nutrition Score:9.1204347429068%

## 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: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## **Nutrients (% of daily need)**

Calories: 492.42kcal (24.62%), Fat: 24.06g (37.02%), Saturated Fat: 7.15g (44.66%), Carbohydrates: 64.99g (21.66%), Net Carbohydrates: 62.45g (22.71%), Sugar: 33.58g (37.31%), Cholesterol: 27.99mg (9.33%), Sodium: 248.32mg (10.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Selenium: 19.42µg (27.74%), Vitamin B1: 0.3mg (19.97%), Manganese: 0.4mg (19.91%), Vitamin B3: 3.46mg (17.32%), Folate: 65.03µg (16.26%), Vitamin B2: 0.25mg (14.74%), Iron: 2.18mg (12.09%), Vitamin K: 11.77µg (11.21%), Fiber: 2.54g (10.17%), Vitamin A: 432.13IU (8.64%), Copper: 0.15mg (7.72%), Vitamin E: 1.14mg (7.61%), Phosphorus: 73.75mg (7.37%), Vitamin C: 5.4mg (6.55%), Potassium: 171.77mg (4.91%), Magnesium: 19.07mg (4.77%), Zinc: 0.64mg (4.27%), Vitamin B5: 0.28mg (2.75%), Vitamin B6: 0.05mg (2.51%), Calcium: 16.14mg (1.61%)