



Peach Pie with Pecan Streusel

 Vegetarian

READY IN



360 min.

SERVINGS



10

CALORIES



354 kcal

DESSERT

Ingredients

- 0.3 cup cornstarch
- 0.8 cup flour all-purpose
- 0.5 cup granulated sugar
- 1 teaspoon ground cinnamon
- 5 tablespoons water
- 1 teaspoon juice of lemon freshly squeezed
- 1 teaspoon lemon zest finely grated (from 1 medium lemon)
- 0.8 cup brown sugar light packed

- 0.3 teaspoon nutmeg freshly grated
- 4 pounds peaches firm ripe (10 to 12 medium peaches)
- 2.5 ounces pecans finely chopped
- 0.1 teaspoon salt fine
- 8 tablespoons butter unsalted cold cut into small pieces (1 stick)

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- blender
- aluminum foil
- colander

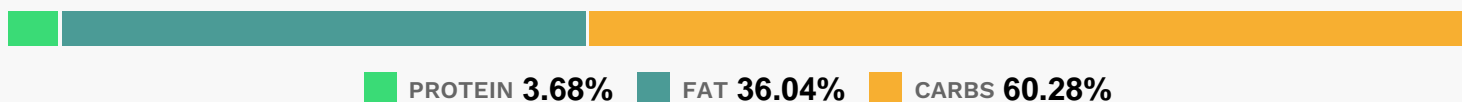
Directions

- For the crust: In a large bowl, whisk together the flour, sugar, and salt. Toss the butter in the flour mixture until well coated. Using a pastry blender or 2 knives, cut the butter into the dry ingredients until it's reduced to pea-size pieces, about 3 to 4 minutes.
- Drizzle in 5 tablespoons of the ice water and mix with your hands just until the dough comes together. (
- Whisk the flour, sugars, cinnamon, salt, and nutmeg in a medium bowl until combined.
- Place 1/4 cup of the brown sugar, 1/4 cup of the granulated sugar, the lemon zest, juice, and salt in a large bowl and whisk until combined.
- Cut the peaches in half, remove and discard the pits, and cut the fruit into 1/2-inch slices.
- Add to the bowl with the sugar mixture and stir until well coated. Set the bowl aside for 15 minutes, toss the peaches, and set aside another for 15 minutes. Meanwhile, heat the oven to 425°F and arrange a rack in the lower third. Line a rimmed baking sheet with aluminum foil and turn up the edges of the foil to catch the juices as the pie bakes; set aside. On a lightly floured surface, roll out the dough to about 13 inches in diameter and 1/4 inch thick. (Don't

worry if the dough cracks—just press it back together.) Line a 9-1/2-inch deep-dish pie plate with the dough and trim it flush with the top edge of the pie plate. Using your fingers or the back of a fork, crimp the dough in a decorative pattern.

- Place the pie plate in the refrigerator until the peaches are ready. In a small bowl, mix the remaining sugar and brown sugar with the cornstarch and set it aside. Set a colander in the sink.
- Pour the peach mixture into the colander, letting any excess liquid drain out, and return the peaches to the bowl.
- Add the cornstarch mixture and toss to combine.
- Remove the pie plate from the refrigerator, pour in the filling, and spread it into an even layer.
- Place the pie on the prepared baking sheet and bake for 30 minutes.
- Remove the baking sheet from the oven and sprinkle the streusel evenly over the top of the pie. Pat the streusel onto the peaches to adhere. Reduce the oven temperature to 375°F and return the pie to the oven.
- Bake until the crust is golden brown and the filling is thick and bubbling, about 50 minutes to 1 hour more. Check the pie after 40 minutes: If the streusel is starting to look too dark, loosely cover the top of the pie with a sheet of aluminum foil. When the pie is done, remove it from the oven, discard the top sheet of foil (if using), and let it sit on the baking sheet until the fruit stops bubbling, about 5 minutes.
- Transfer to a wire rack to cool completely and let the filling set before slicing, at least 3 hours.

Nutrition Facts



Properties

Glycemic Index: 27.03, Glycemic Load: 18.48, Inflammation Score: -6, Nutrition Score: 8.4891304218251%

Flavonoids

Cyanidin: 4.24mg, Cyanidin: 4.24mg, Cyanidin: 4.24mg, Cyanidin: 4.24mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Catechin: 9.44mg, Catechin: 9.44mg, Catechin: 9.44mg, Catechin: 9.44mg Epigallocatechin: 2.29mg, Epigallocatechin: 2.29mg, Epigallocatechin: 2.29mg, Epigallocatechin: 2.29mg Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg,

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 353.96kcal (17.7%), Fat: 14.82g (22.81%), Saturated Fat: 6.25g (39.09%), Carbohydrates: 55.79g (18.6%), Net Carbohydrates: 51.97g (18.9%), Sugar: 41.56g (46.18%), Cholesterol: 24.08mg (8.03%), Sodium: 59.5mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Manganese: 0.54mg (27.16%), Vitamin A: 876.11IU (17.52%), Fiber: 3.82g (15.29%), Copper: 0.25mg (12.73%), Vitamin E: 1.7mg (11.3%), Selenium: 7.73µg (11.04%), Vitamin B1: 0.16mg (11%), Vitamin B3: 2.13mg (10.63%), Vitamin C: 7.98mg (9.67%), Potassium: 287.25mg (8.21%), Iron: 1.39mg (7.73%), Folate: 30.28µg (7.57%), Phosphorus: 73.74mg (7.37%), Vitamin B2: 0.12mg (6.93%), Magnesium: 27.31mg (6.83%), Vitamin K: 6.57µg (6.25%), Zinc: 0.83mg (5.52%), Vitamin B5: 0.42mg (4.16%), Vitamin B6: 0.07mg (3.62%), Calcium: 32.81mg (3.28%), Vitamin D: 0.17µg (1.12%)