



## Peach Pie With Sugared Oat Topping

READY IN



45 min.

SERVINGS



8

CALORIES



464 kcal

DESSERT

### Ingredients

- 0.7 cup brown sugar divided packed
- 3 tablespoons flour all-purpose
- 0.5 teaspoon ground cinnamon
- 2 tablespoons butter light
- 0.5 cup regular oats
- 2 pound peaches frozen thawed
- 7 cups peach or fresh peeled
- 15 ounce piecrusts refrigerated

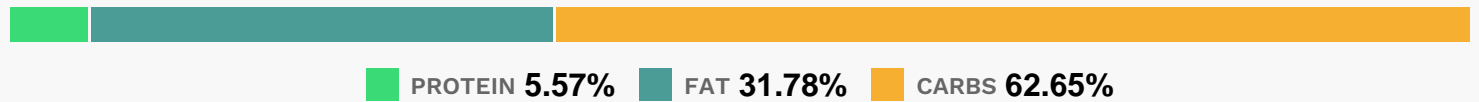
## Equipment

- bowl
- oven
- wire rack
- aluminum foil

## Directions

- Preheat oven to 425
- Fit dough into a 9-inch pie plate. Fold edges under; flute.
- Combine 1/3 cup brown sugar, flour, and cinnamon in a bowl.
- Sprinkle over peaches; toss gently. Spoon into crust.
- Combine 1/3 cup brown sugar, oats, and butter; sprinkle over peach mixture.
- Bake at 425 for 10 minutes. Reduce oven temperature to 375; shield edges of crust with foil, and bake an additional 25 minutes or until golden. Cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:25.06, Glycemic Load:11.31, Inflammation Score:-7, Nutrition Score:11.761304339637%

## Flavonoids

Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg Catechin: 12.21mg, Catechin: 12.21mg, Catechin: 12.21mg, Catechin: 12.21mg Epigallocatechin: 2.58mg, Epigallocatechin: 2.58mg, Epigallocatechin: 2.58mg, Epigallocatechin: 2.58mg Epicatechin: 5.81mg, Epicatechin: 5.81mg, Epicatechin: 5.81mg, Epicatechin: 5.81mg Epigallocatechin 3-gallate: 0.74mg, Epigallocatechin 3-gallate: 0.74mg, Epigallocatechin 3-gallate: 0.74mg, Epigallocatechin 3-gallate: 0.74mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

## Nutrients (% of daily need)

Calories: 464.03kcal (23.2%), Fat: 16.82g (25.87%), Saturated Fat: 5.65g (35.29%), Carbohydrates: 74.57g (24.86%), Net Carbohydrates: 68.86g (25.04%), Sugar: 38.66g (42.96%), Cholesterol: 3.71mg (1.24%), Sodium:

256.43mg (11.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.27%), Manganese: 0.62mg (31.15%), Fiber: 5.71g (22.82%), Vitamin B3: 3.68mg (18.4%), Vitamin A: 869.29IU (17.39%), Vitamin B1: 0.25mg (16.77%), Selenium: 10.92µg (15.6%), Iron: 2.75mg (15.28%), Folate: 59.09µg (14.77%), Vitamin E: 2.14mg (14.25%), Copper: 0.27mg (13.32%), Vitamin C: 10.18mg (12.34%), Phosphorus: 118.68mg (11.87%), Potassium: 403.06mg (11.52%), Vitamin B2: 0.19mg (11.27%), Vitamin K: 11.64µg (11.09%), Magnesium: 37.34mg (9.33%), Vitamin B5: 0.69mg (6.89%), Zinc: 1.03mg (6.87%), Vitamin B6: 0.1mg (5.15%), Calcium: 41.23mg (4.12%)