



WHATSheATE



Peach Streusel Pie

READY IN



120 min.

SERVINGS



8

CALORIES



434 kcal

DESSERT

Ingredients

- ☐ 0.5 cup t brown sugar dark
- ☐ 1 cup flour
- ☐ 3 pounds peaches ripe peeled sliced (8) (see Notes)
- ☐ 0.3 cup pecans finely
- ☐ 1 pie crust dough
- ☐ 1 tablespoon cooking tapioca (see Notes)
- ☐ 0.3 teaspoon salt
- ☐ 1 tbsp sugar
- ☐ 8 tablespoons butter unsalted melted

☐ 0.3 cup walnuts finely

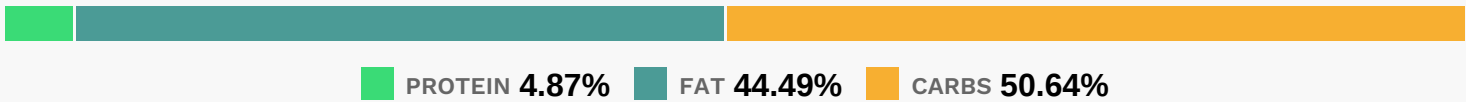
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Put an oven rack in the middle position and preheat oven to 35
- ☐ Stir together walnuts, pecans, flour, brown sugar, and salt in a small bowl.
- ☐ Add butter and stir with a fork until mixture forms small clumps (break apart any large clumps with your fingers). Set aside.
- ☐ Gently mix peaches, sugar, and tapioca in a large bowl. Taste and add additional sugar if you like. Set aside.
- ☐ Dust your counter and rolling pin with flour. With short strokes from center outward, roll dough into a 12-in. circle (about 1/8 in. thick), turning 90 after every 3 or 4 passes of the rolling pin to keep it from sticking.
- ☐ Transfer dough to a 9-in. deep-dish glass pie plate, letting it fall into place (if you push or stretch the dough, it will shrink back when baked). Trim overhang to 1/2 in., tuck edge under, and crimp edge. Pile peaches into crust, then top with streusel.
- ☐ Put pan on a rimmed baking sheet and bake until topping and bottom crust are well browned, about 1 hour.
- ☐ Let cool to room temperature, at least 2 1/2 hours, before serving.

Nutrition Facts



Properties

Glycemic Index:26.92, Glycemic Load:15.63, Inflammation Score:-7, Nutrition Score:10.225652208795%

Flavonoids

Cyanidin: 3.7mg, Cyanidin: 3.7mg, Cyanidin: 3.7mg, Cyanidin: 3.7mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 8.59mg, Catechin: 8.59mg, Catechin: 8.59mg, Catechin: 8.59mg Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg Epigallocatechin 3–gallate: 0.58mg, Epigallocatechin 3–gallate: 0.58mg, Epigallocatechin 3–gallate: 0.58mg, Epigallocatechin 3–gallate: 0.58mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 434.33kcal (21.72%), Fat: 22.12g (34.04%), Saturated Fat: 9.4g (58.73%), Carbohydrates: 56.65g (18.88%), Net Carbohydrates: 52.61g (19.13%), Sugar: 29.37g (32.64%), Cholesterol: 30.1mg (10.03%), Sodium: 187.49mg (8.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.89%), Manganese: 0.58mg (28.89%), Vitamin A: 907.05IU (18.14%), Vitamin B1: 0.26mg (17.03%), Fiber: 4.05g (16.19%), Selenium: 10.69µg (15.27%), Vitamin B3: 2.97mg (14.83%), Folate: 58.5µg (14.62%), Copper: 0.28mg (13.76%), Iron: 2.14mg (11.9%), Vitamin E: 1.74mg (11.62%), Vitamin B2: 0.18mg (10.62%), Phosphorus: 94.73mg (9.47%), Vitamin C: 7.06mg (8.55%), Potassium: 295.35mg (8.44%), Magnesium: 31.27mg (7.82%), Vitamin K: 7.89µg (7.51%), Zinc: 0.87mg (5.78%), Vitamin B5: 0.5mg (4.96%), Vitamin B6: 0.09mg (4.61%), Calcium: 33.77mg (3.38%), Vitamin D: 0.21µg (1.4%)