



## Peaches and Cream Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



355 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 3 tablespoons butter softened
- 8 servings garnish: cinnamon-sugar to taste
- 8 oz cream cheese softened
- 1 eggs
- 0.8 cup flour all-purpose
- 0.5 cup milk
- 16 oz peaches drained sliced canned

- 0.5 teaspoon salt
- 0.5 cup sugar
- 3 oz cook & serve vanilla pudding mix

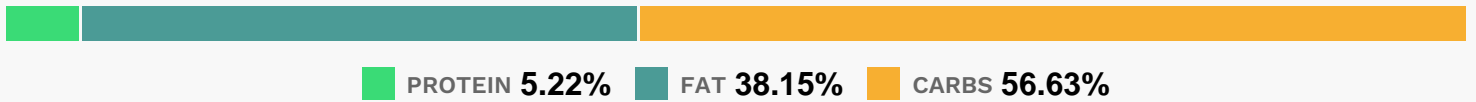
## Equipment

- bowl
- oven
- hand mixer

## Directions

- Combine first 7 ingredients in a large bowl; beat with an electric mixer for 2 minutes.
- Pour into a greased 9" pie plate. Arrange peach slices on top; set aside. Beat together cream cheese, sugar and reserved juice for 2 minutes. Spoon over peaches; sprinkle with cinnamon-sugar.
- Bake at 350 degrees for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:57.8, Glycemic Load:26.36, Inflammation Score:-5, Nutrition Score:5.8499999512797%

## Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 355.23kcal (17.76%), Fat: 15.41g (23.71%), Saturated Fat: 8.92g (55.75%), Carbohydrates: 51.47g (17.16%), Net Carbohydrates: 50.24g (18.27%), Sugar: 39.5g (43.89%), Cholesterol: 62.21mg (20.74%), Sodium: 410.08mg (17.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Vitamin A: 751.18IU (15.02%), Selenium:

9.88µg (14.11%), Vitamin B2: 0.19mg (11.45%), Phosphorus: 94.18mg (9.42%), Calcium: 84.87mg (8.49%), Vitamin B1: 0.12mg (8.21%), Folate: 30.14µg (7.54%), Manganese: 0.12mg (6.1%), Vitamin B3: 1.2mg (5.99%), Vitamin E: 0.85mg (5.68%), Iron: 0.94mg (5.23%), Fiber: 1.23g (4.93%), Vitamin B5: 0.45mg (4.47%), Potassium: 153.6mg (4.39%), Copper: 0.07mg (3.72%), Vitamin B12: 0.2µg (3.38%), Zinc: 0.5mg (3.32%), Magnesium: 12.4mg (3.1%), Vitamin C: 2.32mg (2.82%), Vitamin B6: 0.05mg (2.7%), Vitamin K: 2.76µg (2.63%), Vitamin D: 0.28µg (1.85%)