



Peaches-and-Cream Streusel Pie

READY IN



45 min.

SERVINGS



8

CALORIES



322 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 2 tablespoons ice water ()
- ☐ 0.3 cup old-fashioned oats
- ☐ 3 pounds peaches
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup solid vegetable shortening frozen cut into 1/2-inch cubes
- ☐ 0.5 cup sugar
- ☐ 0.3 cup butter unsalted melted ()

- ☐ 3 tablespoons whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

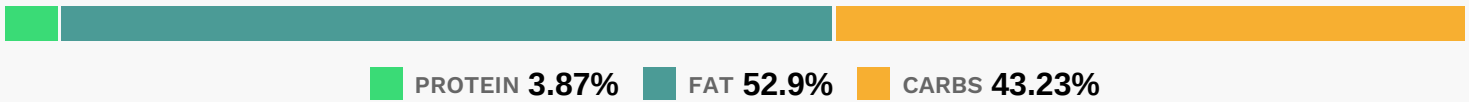
Directions

- ☐ Blend flour and salt in processor 5 seconds.
- ☐ Add butter and shortening. Using on/off turns, blend until butter is reduced to pea-size pieces.
- ☐ Add 2 tablespoons ice water; blend until moist clumps form, adding more water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic; chill at least 2 hours and up to 1 day.
- ☐ Combine all ingredients in medium bowl. Stir until small clumps form. Chill up to 1 day.
- ☐ Combine sugar and cream in heavy large nonstick skillet. Bring medium saucepan of water to boil. Drop 3 peaches into water and blanch 1 minute.
- ☐ Transfer peaches to bowl of ice water. Peel peaches and slice thinly, letting slices drop into sugar-cream mixture in skillet. Repeat with remaining peaches. Cook peach filling in skillet over medium-high heat until peaches are tender and sugar-cream mixture is reduced almost to glaze, stirring often, about 10 minutes. Set aside.
- ☐ Preheat oven to 375°F.
- ☐ Roll out dough to 14-inch round.
- ☐ Transfer dough to 9-inch-diameter glass pie dish. Trim overhang to 3/4 inch; fold under and crimp. Pierce crust with fork; freeze 10 minutes. Line crust with foil and beans or pie weights; bake 10 minutes.

- ☐
- Remove foil and beans and bake crust until pale golden, pressing with back of fork if crust bubbles, about 10 minutes longer.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:29.42, Glycemic Load:18.1, Inflammation Score:-6, Nutrition Score:8.0365218014821%

Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 8.86mg, Catechin: 8.86mg, Catechin: 8.86mg, Catechin: 8.86mg Epigallocatechin: 2.15mg, Epigallocatechin: 2.15mg, Epigallocatechin: 2.15mg, Epigallocatechin: 2.15mg Epicatechin: 4.04mg, Epicatechin: 4.04mg, Epicatechin: 4.04mg, Epicatechin: 4.04mg Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg 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: 321.82kcal (16.09%), Fat: 19.81g (30.48%), Saturated Fat: 7.03g (43.93%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 32.83g (11.94%), Sugar: 27.22g (30.25%), Cholesterol: 21.61mg (7.2%), Sodium: 97.91mg (4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.53%), Manganese: 0.54mg (26.94%), Vitamin A: 818.29IU (16.37%), Fiber: 3.6g (14.41%), Vitamin E: 1.96mg (13.07%), Copper: 0.24mg (11.76%), Selenium: 6.64µg (9.49%), Vitamin B1: 0.14mg (9.41%), Vitamin K: 9.49µg (9.04%), Vitamin B3: 1.79mg (8.97%), Vitamin C: 7.08mg (8.59%), Phosphorus: 77.27mg (7.73%), Potassium: 257.51mg (7.36%), Magnesium: 27.07mg (6.77%), Vitamin B2: 0.11mg (6.27%), Iron: 1.12mg (6.21%), Zinc: 0.85mg (5.67%), Folate: 22.48µg (5.62%), Vitamin B5: 0.44mg (4.36%), Vitamin B6: 0.06mg (3.2%), Calcium: 19.43mg (1.94%), Vitamin D: 0.2µg (1.31%)