



Pear-and-Almond Custard Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 tablespoons almonds sliced
- ☐ 2 pounds anjou pears firm cored ripe peeled
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons brown sugar
- ☐ 2 large eggs
- ☐ 0.7 cup milk 2% reduced-fat
- ☐ 9 inch pastry crust

- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

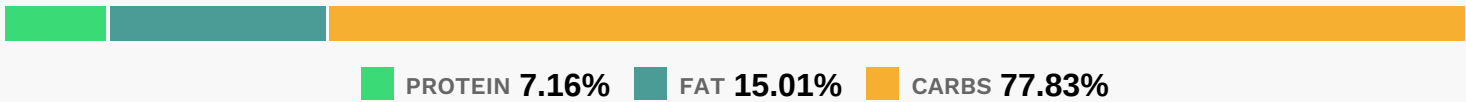
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Prepare and bake the Pastry Crust in a 9-inch pie plate. Cool crust completely on a wire rack.
- ☐ Preheat oven to 40
- ☐ Cut pears in half lengthwise; cut each half into 1/8-inch-thick slices, keeping slices in order as they are cut. Arrange pear slices in prepared crust in 2 layers.
- ☐ Combine 1/2 cup brown sugar, salt, and eggs in a bowl; stir well with a whisk.
- ☐ Add milk and extracts; stir well.
- ☐ Pour milk mixture over pears; sprinkle with 2 tablespoons brown sugar and almonds.
- ☐ Place pie plate on a baking sheet.
- ☐ Bake at 400 for 15 minutes. Reduce oven temperature to 350 (do not remove pie from oven); bake an additional 1 hour and 5 minutes or until a knife inserted in center comes out clean. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:10.59, Glycemic Load:5.62, Inflammation Score:-2, Nutrition Score:5.23999999939877%

Flavonoids

Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 4.28mg, Epicatechin: 4.28mg, Epicatechin: 4.28mg, Epicatechin: 4.28mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 180.45kcal (9.02%), Fat: 3.16g (4.86%), Saturated Fat: 0.8g (5%), Carbohydrates: 36.81g (12.27%), Net Carbohydrates: 32.93g (11.97%), Sugar: 28.52g (31.69%), Cholesterol: 48.07mg (16.02%), Sodium: 83.02mg (3.61%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 3.39g (6.77%), Fiber: 3.88g (15.53%), Vitamin B2: 0.16mg (9.51%), Selenium: 5.41µg (7.73%), Manganese: 0.14mg (7.17%), Phosphorus: 71.32mg (7.13%), Copper: 0.14mg (7%), Potassium: 219.79mg (6.28%), Calcium: 61.83mg (6.18%), Vitamin E: 0.92mg (6.1%), Vitamin C: 4.92mg (5.96%), Magnesium: 20.35mg (5.09%), Vitamin K: 5.14µg (4.89%), Folate: 18.58µg (4.64%), Iron: 0.73mg (4.06%), Vitamin B6: 0.07mg (3.64%), Vitamin B5: 0.36mg (3.6%), Vitamin B12: 0.22µg (3.59%), Vitamin B1: 0.05mg (3.13%), Zinc: 0.47mg (3.11%), Vitamin A: 115.93IU (2.32%), Vitamin B3: 0.44mg (2.19%), Vitamin D: 0.25µg (1.67%)