



Pear Butterscotch Pie

 Vegetarian

READY IN



1500 min.

SERVINGS



8

CALORIES



165 kcal

DESSERT

Ingredients

- ☐ 2.5 pounds anjou pear cored peeled cut into 6 wedges, and (5)
- ☐ 1 teaspoon cinnamon
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 1 large water with 1 tablespoon warm water beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon nutmeg grated

- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon butter unsalted cut into bits
- ☐ 1 teaspoon vanilla extract pure

Equipment

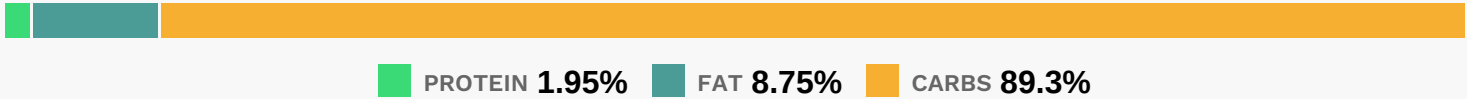
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ rolling pin

Directions

- ☐ Put a baking sheet on middle rack of oven and preheat oven to 425°F.
- ☐ Whisk together flour, cinnamon, nutmeg, and salt, then whisk in brown sugar, breaking up any lumps. Gently toss pears with brown sugar mixture, lemon juice, and vanilla and let stand 5 to 15 minutes to macerate fruit.
- ☐ Roll out 1 piece of dough (keep remaining disk chilled) on a lightly floured surface with a lightly floured rolling pin into a 13-inch round. Fit into a 9-inch pie plate.
- ☐ Roll out remaining piece of dough into a 13-inch round. Reserve scraps.
- ☐ Transfer filling to shell. Dot with butter, then cover with pastry round. Trim edges, leaving a 1/2-inch overhang (reserve scraps). Press edges together to seal, then fold under. Lightly brush top crust with some of egg wash, then cut 3 (1-inch-long) vents.
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- ☐ Roll out dough scraps about 1/8 inch thick and cut out leaf shapes with cutters (or a knife). Arrange decoratively on top of pie, pressing gently to help them adhere. Lightly brush top crust and cutouts with some of egg wash and sprinkle with granulated sugar.

- ☐ Bake pie on hot baking sheet 20 minutes. Reduce oven to 375°F and bake until crust is golden and filling is bubbling, 40 to 45 minutes more. Cool to warm or room temperature, 2 to 3 hours.
- ☐ Pie is best the day it is made but can be baked 1 day ahead.

Nutrition Facts



Properties

Glycemic Index:32.11, Glycemic Load:8.93, Inflammation Score:-2, Nutrition Score:3.6834782765287%

Flavonoids

Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 164.73kcal (8.24%), Fat: 1.7g (2.62%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 39.13g (13.04%), Net Carbohydrates: 34.5g (12.54%), Sugar: 28.82g (32.02%), Cholesterol: 3.76mg (1.25%), Sodium: 42.1mg (1.83%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 0.86g (1.71%), Fiber: 4.63g (18.54%), Vitamin C: 6.83mg (8.28%), Manganese: 0.14mg (7.25%), Copper: 0.13mg (6.52%), Vitamin K: 6.45µg (6.14%), Potassium: 190.37mg (5.44%), Folate: 15.74µg (3.94%), Magnesium: 12.39mg (3.1%), Vitamin B2: 0.05mg (3.09%), Iron: 0.51mg (2.84%), Calcium: 28.03mg (2.8%), Vitamin B1: 0.04mg (2.68%), Vitamin B6: 0.05mg (2.48%), Phosphorus: 21.62mg (2.16%), Vitamin B3: 0.42mg (2.09%), Selenium: 1.3µg (1.85%), Vitamin A: 80.15IU (1.6%), Vitamin E: 0.22mg (1.47%), Zinc: 0.18mg (1.18%), Vitamin B5: 0.11mg (1.05%)