



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.
- 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.
- 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

 PROTEIN 1.95%  FAT 8.75%  CARBS 89.3%

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%)