



Pear-Cherry Pie with Almond Streusel

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



431 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds chopped
- ☐ 0.5 cup brandy
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 6 tablespoons butter cold
- ☐ 1 cup cherries dried sweet sour chopped
- ☐ 2 tablespoons cornstarch
- ☐ 8 servings pastry) homemade for a 9-inch single-crust pie, or purchased (see notes)
- ☐ 1 cup flour all-purpose

- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground coriander
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 lb comice pears peeled thinly sliced

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ pie form

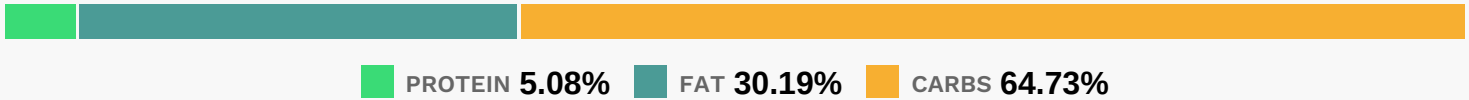
Directions

- ☐ Combine brandy and cherries in a 1- to 1 1/2-quart pan; cover and set over low heat just until hot, about 3 minutes.
- ☐ Remove from heat and let stand until cherries are slightly softened, at least 5 minutes.
- ☐ Meanwhile, in a large bowl, mix granulated sugar, cornstarch, coriander, ginger, and nutmeg. Stir in pears and the cherry mixture.
- ☐ On a lightly floured board, roll pastry into a 12-inch round. Ease, without stretching, into a 9-inch pie pan. Fold excess pastry around edge under itself and flute edge.
- ☐ Pour fruit mixture into pastry.
- ☐ In a food processor or bowl, mix flour and brown sugar. Whirl or rub in butter with your fingers until mixture forms coarse crumbs.
- ☐ Add nuts and whirl or stir just until combined. Squeeze handfuls of the streusel mixture until it sticks together, then coarsely crumble into 1/2-inch chunks over fruit.
- ☐ Set pan in a foil-lined rimmed baking pan and bake on the bottom rack of a 375 regular or convection oven until juices bubble around edges, 1 to 1 1/4 hours. If pie browns too quickly

(check after 30 minutes), drape dark portions loosely with foil.

☐ Let cool on a rack for at least 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:47.86, Glycemic Load:19.84, Inflammation Score:-7, Nutrition Score:9.0178260829138%

Flavonoids

Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg 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, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 430.87kcal (21.54%), Fat: 13.79g (21.22%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 66.55g (22.18%), Net Carbohydrates: 59.88g (21.77%), Sugar: 41.04g (45.6%), Cholesterol: 22.58mg (7.53%), Sodium: 78.39mg (3.41%), Alcohol: 5.01g (100%), Alcohol %: 3.11% (100%), Protein: 5.23g (10.45%), Fiber: 6.67g (26.68%), Manganese: 0.45mg (22.69%), Vitamin E: 2.68mg (17.88%), Vitamin A: 828.91IU (16.58%), Vitamin B2: 0.22mg (12.84%), Copper: 0.22mg (11.22%), Vitamin B1: 0.16mg (10.74%), Folate: 41.82µg (10.45%), Magnesium: 38.63mg (9.66%), Iron: 1.73mg (9.63%), Selenium: 6.57µg (9.38%), Phosphorus: 79.61mg (7.96%), Vitamin B3: 1.52mg (7.58%), Potassium: 241.8mg (6.91%), Calcium: 66.6mg (6.66%), Vitamin C: 4.93mg (5.98%), Vitamin K: 5.93µg (5.65%), Zinc: 0.55mg (3.67%), Vitamin B6: 0.06mg (2.98%), Vitamin B5: 0.2mg (1.97%)