



Pear-Cherry Pie with Cheddar Crust

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



666 kcal

DESSERT

Ingredients

- ☐ 3.3 pounds bartlett pears peeled sliced
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 1 cup butter cold cut into 1/2-inch cubes
- ☐ 0.3 cup cornstarch
- ☐ 1 cup cherries dried
- ☐ 1 large eggs lightly beaten
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon rosemary fresh chopped

- ☐ 3 tablespoons granulated sugar divided
- ☐ 3 tablespoons heavy cream cold
- ☐ 4 Tbsp ice-cold water
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup sharp cheddar cheese finely grated
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract

Equipment

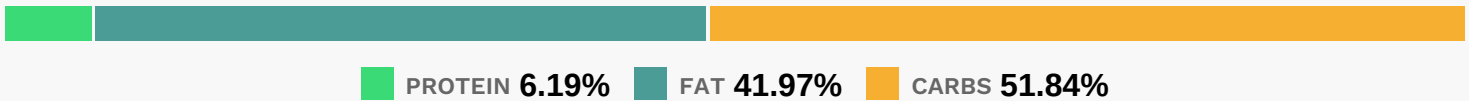
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Pulse first 2 ingredients and 2 Tbsp. granulated sugar in a food processor 3 or 4 times or until combined.
- ☐ Add cheese and butter; pulse 10 to 12 times or until mixture resembles coarse meal.
- ☐ Drizzle cream and water over mixture; pulse 4 or 5 times or just until moist clumps form. Divide dough in half, and flatten into disks. Wrap disks in plastic wrap, and chill 30 minutes.
- ☐ Meanwhile, stir together pears, next 7 ingredients, and remaining 1 Tbsp. granulated sugar in a large bowl.
- ☐ Preheat oven to 40
- ☐ Roll 1 dough disk into a 12 1/2-inch circle on a lightly floured surface. Fit piecrust into a 10-inch pie plate; fold edges under, and crimp. Spoon pear mixture into crust.

- ☐
- Roll remaining dough disk to 1/8-inch thickness on a lightly floured surface, and cut into 6 (2 1/2-inch) strips. Arrange strips in a lattice design over filling; press ends of strips into crust, sealing to bottom crust, and crimp. (Reroll scraps if you do not have enough strips to cover pie.)
- ☐
- Whisk together egg and 2 Tbsp. water.
- ☐
- Brush lattice with egg mixture.
- ☐
- Bake at 400 for 55 minutes to 1 hour, shielding with aluminum foil after 30 minutes to prevent excessive browning.
- ☐
- Let cool on a wire rack 1 hour.

Nutrition Facts



Properties

Glycemic Index:32.89, Glycemic Load:33.81, Inflammation Score:-8, Nutrition Score:13.554347867551%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 666kcal (33.3%), Fat: 31.14g (47.91%), Saturated Fat: 18.85g (117.81%), Carbohydrates: 86.57g (28.86%), Net Carbohydrates: 78.33g (28.48%), Sugar: 39.63g (44.03%), Cholesterol: 104.74mg (34.91%), Sodium: 402.73mg (17.51%), Alcohol: 0.26g (100%), Alcohol %: 0.1% (100%), Protein: 10.34g (20.68%), Fiber: 8.24g (32.97%), Vitamin A: 1557.13IU (31.14%), Selenium: 20.05µg (28.64%), Folate: 90.38µg (22.59%), Vitamin B1: 0.34mg (22.59%), Vitamin B2: 0.35mg (20.83%), Manganese: 0.35mg (17.43%), Calcium: 158.34mg (15.83%), Phosphorus: 150.84mg (15.08%), Iron: 2.64mg (14.68%), Vitamin B3: 2.65mg (13.26%), Vitamin C: 9.6mg (11.63%), Copper: 0.22mg (10.94%), Vitamin K: 9.64µg (9.18%), Potassium: 277.05mg (7.92%), Vitamin E: 1.13mg (7.55%), Zinc: 1.07mg (7.12%), Magnesium: 26.52mg (6.63%), Vitamin B6: 0.09mg (4.7%), Vitamin B5: 0.47mg (4.66%), Vitamin B12: 0.26µg (4.38%), Vitamin D: 0.3µg (2%)