



Pear Pie II

READY IN



65 min.

SERVINGS



8

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.3 cup butter melted
- ☐ 3 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 3 pears cored peeled sliced
- ☐ 1 9-inch unbaked pie crust ()
- ☐ 1 cup sugar white

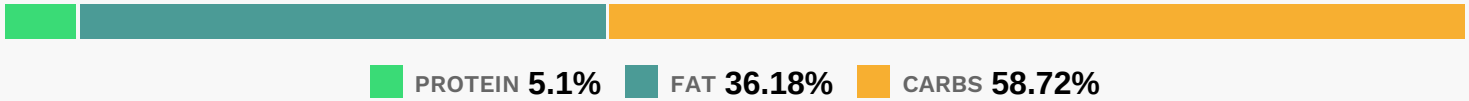
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C.)
- ☐ In a large bowl, combine eggs, flour, sugar, almond extract and melted butter.
- ☐ Pour into unbaked pie crust. Arrange sliced pears in spokes radiating from center.
- ☐ Bake in the preheated oven for 15 minutes, then reduce temperature to 350 degrees F (175 degrees C) and bake for 25 to 35 minutes, or until custard is firm. Cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:28.98, Glycemic Load:23.3, Inflammation Score:-3, Nutrition Score:5.523043508115%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 343.4kcal (17.17%), Fat: 14.06g (21.64%), Saturated Fat: 6.23g (38.91%), Carbohydrates: 51.36g (17.12%), Net Carbohydrates: 48.53g (17.65%), Sugar: 31.6g (35.11%), Cholesterol: 76.63mg (25.54%), Sodium: 172.36mg (7.49%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 4.46g (8.92%), Selenium: 8.54µg (12.21%), Fiber: 2.83g (11.34%), Vitamin B2: 0.17mg (9.92%), Folate: 39.67µg (9.92%), Manganese: 0.18mg (9.24%), Vitamin B1: 0.12mg (8.31%), Iron: 1.32mg (7.31%), Phosphorus: 66.04mg (6.6%), Vitamin A: 283.31IU (5.67%), Vitamin B3: 1.11mg (5.54%), Vitamin K: 5.32µg (5.07%), Copper: 0.09mg (4.75%), Vitamin B5: 0.42mg (4.18%), Potassium: 132.97mg (3.8%), Vitamin E: 0.54mg (3.57%), Vitamin C: 2.87mg (3.48%), Vitamin B6: 0.06mg (3.13%), Magnesium: 11.75mg (2.94%), Zinc: 0.44mg (2.92%), Vitamin B12: 0.16µg (2.65%), Calcium: 22.79mg (2.28%), Vitamin D: 0.33µg (2.2%)