



Plum Pie

 Dairy Free

READY IN



95 min.

SERVINGS



35

CALORIES



90 kcal

DESSERT

Ingredients

- 1 Tbsp butter
- 0.3 cup minute tapioca
- 15 oz ready-to-use pie crusts refrigerated (2 crusts)
- 1 lb plums fresh sliced
- 1 cup sugar

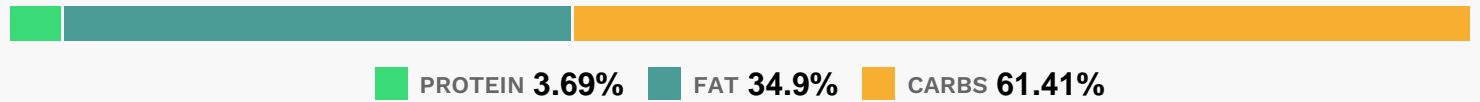
Equipment

- bowl
- oven

Directions

- Heat oven to 400F.
- Toss plums with sugar and tapioca in large bowl.
- Let stand 15 min.
- Line 9-inch pie plate with 1 crust as directed on package for 2-crust pie; fill with fruit mixture. Dot with butter. Cover with remaining crust; seal and flute edge.
- Cut several slits in top crust to permit steam to escape.
- Bake 45 to 50 min. or until juices form bubbles that burst slowly. Cool.

Nutrition Facts



Properties

Glycemic Index:3.11, Glycemic Load:4.49, Inflammation Score:-1, Nutrition Score:1.1539130409289%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 90.17kcal (4.51%), Fat: 3.54g (5.45%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 13.55g (4.93%), Sugar: 6.99g (7.76%), Cholesterol: 0mg (0%), Sodium: 53.52mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.69%), Manganese: 0.06mg (3.03%), Vitamin B1: 0.04mg (2.47%), Folate: 9.16µg (2.29%), Fiber: 0.49g (1.94%), Vitamin B3: 0.38mg (1.91%), Iron: 0.34mg (1.89%), Vitamin K: 1.72µg (1.63%), Vitamin C: 1.23mg (1.49%), Vitamin B2: 0.03mg (1.49%), Vitamin A: 59.14IU (1.18%), Phosphorus: 10.91mg (1.09%), Selenium: 0.73µg (1.04%)