



Plum Pie

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



221 kcal

DESSERT

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.3 cup brown sugar packed
- 3 tablespoons butter
- 2 eggs
- 0.3 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.3 cup hazelnuts chopped

- 1 teaspoon lemon zest
- 3 tablespoons milk
- 5 cups plums pitted sliced
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup granulated sugar white

Equipment

- bowl
- oven
- blender
- pie form

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- To Make Crust: In a large bowl combine 3 cups flour, 3/4 cups white sugar, baking powder, and 1/8 teaspoon salt.
- Mix thoroughly, then cut in 2/3 cup butter or margarine with a pastry blender, until pieces are the size of small peas. Stir in eggs, vanilla extract, milk and lemon zest.
- Mix just until all ingredients are combined. Allow dough to rest in refrigerator.
- To Make Streusel Topping: In a medium bowl mix 1/2 cup flour, brown sugar, 1/2 teaspoon cinnamon, 1/4 teaspoon salt, chopped nuts, and grated lemon zest. Work in butter or margarine with fingers until all ingredients are well combined. Set aside.
- Place pitted and sliced fruit in a large bowl. In a small bowl, mix remaining sugar, flour, cinnamon, and nutmeg until thoroughly combined.
- Pour over fruit and stir gently until all fruit is evenly coated.
- Roll out pie crust and place in a 9 inch pie pan. Trim and flute edges, then pour in fruit filling. Evenly cover fruit with streusel topping and bake in preheated oven for 45 to 55 minutes.
- Serve warm, or at room temperature.

Nutrition Facts

PROTEIN 4.89% FAT 28.06% CARBS 67.05%

Properties

Glycemic Index:45.38, Glycemic Load:19.28, Inflammation Score:-4, Nutrition Score:5.6700000503789%

Flavonoids

Cyanidin: 4.91mg, Cyanidin: 4.91mg, Cyanidin: 4.91mg, Cyanidin: 4.91mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 220.54kcal (11.03%), Fat: 7.18g (11.05%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 36.84g (13.4%), Sugar: 34g (37.78%), Cholesterol: 42.31mg (14.1%), Sodium: 207.24mg (9.01%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 2.82g (5.63%), Manganese: 0.36mg (17.86%), Vitamin C: 8.36mg (10.13%), Vitamin A: 445.98IU (8.92%), Calcium: 87.51mg (8.75%), Phosphorus: 73.67mg (7.37%), Fiber: 1.78g (7.11%), Vitamin E: 1.01mg (6.76%), Copper: 0.13mg (6.65%), Selenium: 4.18µg (5.97%), Vitamin K: 6.25µg (5.96%), Vitamin B2: 0.09mg (5.51%), Potassium: 190.02mg (5.43%), Vitamin B1: 0.08mg (5.34%), Folate: 18.79µg (4.7%), Iron: 0.81mg (4.5%), Magnesium: 15.81mg (3.95%), Vitamin B6: 0.07mg (3.44%), Vitamin B5: 0.33mg (3.27%), Vitamin B3: 0.63mg (3.13%), Zinc: 0.35mg (2.33%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.23µg (1.5%)