



## Plum Streusel Pie with Lemon-Lime Ice Milk

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



377 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup flour
- ☐ 0.3 cup cornstarch
- ☐ 1 large water with 2 teaspoons water (for glaze) beaten
- ☐ 1 large egg yolk with 3 tablespoons cold water beaten to blend
- ☐ 3 tablespoons brown sugar packed ( )
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.1 teaspoon lemon extract

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.5 pounds plums pitted halved cut into 1/2-inch-thick wedges ( 5 large)
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 3 tablespoons butter unsalted chilled cut into 1/2-inch cubes
- ☐ 3 ounces walnut pieces finely chopped
- ☐ 0.5 cup whipping cream
- ☐ 2 cups milk whole

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ ice cream machine
- ☐ pie form

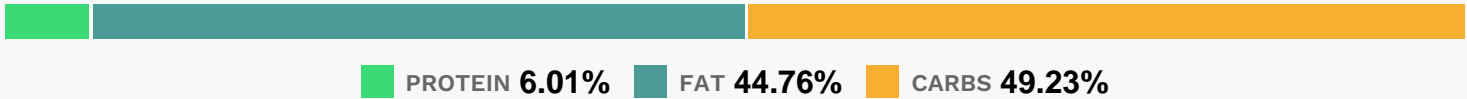
## Directions

- ☐ Combine milk, sugar, and cream in large bowl, whisking to dissolve sugar.
- ☐ Add lemon juice, lime juice, and lemon extract; whisk to blend (mixture will thicken). Cover and refrigerate at least 2 hours. (Can be made 1 day ahead. Keep refrigerated.) Process mixture in ice cream maker according to manufacturer's instructions. (Can be made 1 day ahead. Cover and freeze in airtight container.)
- ☐ Blend flour, sugar, lemon peel, and salt in processor.
- ☐ Add butter; using on/off turns, cut in until pea-size pieces form. With machine running, pour egg mixture through feed tube and blend just until dough forms ball. Gather dough into disk;

wrap tightly in plastic wrap and refrigerate at least 2 hours. (Can be made up to 3 days ahead. Keep refrigerated.)

- ☐ Roll out dough between 2 lightly floured sheets of waxed paper to 1/4-inch thickness. Peel off top sheet of paper. Invert crust into 9-inch glass pie dish; peel off paper. Fold edges under to form rim; crimp edges. Refrigerate 1 hour.
- ☐ Preheat oven to 400°F.
- ☐ Mix walnuts, flour, brown sugar, and 1/2 teaspoon cinnamon in medium bowl to blend.
- ☐ Add butter and rub in with fingertips until coarse meal forms. Set streusel aside.
- ☐ Whisk 3/4 cup sugar, cornstarch, nutmeg, and remaining 1 teaspoon cinnamon in large bowl.
- ☐ Add plums and toss to coat.
- ☐ Place pie dish on baking sheet.
- ☐ Brush inside of pie shell lightly with egg glaze.
- ☐ Transfer plum filling to pie shell, mounding slightly in center.
- ☐ Sprinkle streusel topping evenly over filling.
- ☐ Bake pie 15 minutes; reduce oven temperature to 375°F.
- ☐ Bake until filling bubbles at edges, about 35 minutes, covering crust edges with foil during last 15 minutes if browning too quickly. Cool pie on rack. (Can be made 8 hours ahead. Cover and let stand at room temperature.)
- ☐ Cut pie into wedges.
- ☐ Serve with ice milk.

## Nutrition Facts



## Properties

Glycemic Index:39.59, Glycemic Load:21.95, Inflammation Score:-6, Nutrition Score:9.4369565714961%

## Flavonoids

Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg Epicatechin 3-gallate: 0.65mg,

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Nutrients (% of daily need)

Calories: 377.09kcal (18.85%), Fat: 19.52g (30.03%), Saturated Fat: 8.17g (51.07%), Carbohydrates: 48.29g (16.1%), Net Carbohydrates: 45.87g (16.68%), Sugar: 35.45g (39.39%), Cholesterol: 58.37mg (19.46%), Sodium: 103.96mg (4.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Manganese: 0.54mg (27.04%), Vitamin A: 778.38IU (15.57%), Vitamin C: 11.79mg (14.29%), Phosphorus: 140.81mg (14.08%), Copper: 0.24mg (12.2%), Vitamin B2: 0.21mg (12.18%), Calcium: 114.68mg (11.47%), Vitamin B1: 0.17mg (11.03%), Fiber: 2.42g (9.68%), Potassium: 316.91mg (9.05%), Selenium: 6.32µg (9.03%), Magnesium: 34.7mg (8.68%), Folate: 34.5µg (8.63%), Vitamin D: 1.1µg (7.35%), Vitamin B6: 0.14mg (7.1%), Vitamin B12: 0.4µg (6.73%), Vitamin K: 6.93µg (6.6%), Vitamin B5: 0.56mg (5.64%), Iron: 1mg (5.53%), Zinc: 0.83mg (5.53%), Vitamin B3: 1.03mg (5.17%), Vitamin E: 0.67mg (4.47%)