

Purple Plum Pie

READY IN



70 min.

SERVINGS



8

CALORIES



159 kcal

DESSERT

Ingredients

- 3 tablespoons butter cold
- 8 servings deep dish pie crust frozen
- 0.5 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1 tablespoon juice of lemon
- 1.5 pounds plums fresh sliced
- 0.3 teaspoon salt
- 0.5 cup sugar

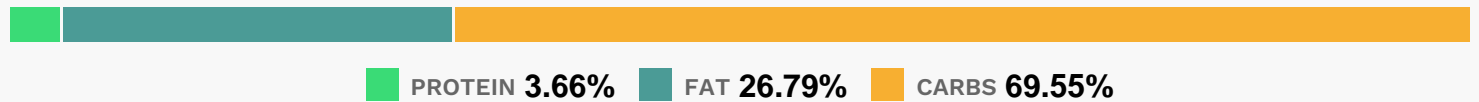
Equipment

- bowl
- oven
- wire rack

Directions

- In a large bowl, sprinkle plums with lemon juice.
- Combine the sugar, flour, salt and cinnamon.
- Add to plums; toss gently to coat.
- Pour into pie shell.
- For topping, in a small bowl, combine the sugar, flour, cinnamon and nutmeg; cut in butter until crumbly.
- Sprinkle over filling.
- Bake at 375° for 50–60 minutes or until filling is bubbly. Cover edges of crust during the last 20 minutes to prevent overbrowning. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:38.59, Glycemic Load:16.34, Inflammation Score:-4, Nutrition Score:3.5673913191194%

Flavonoids

Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg 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, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin:

0.77mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 158.9kcal (7.95%), Fat: 4.93g (7.58%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 27.32g (9.94%), Sugar: 21g (23.34%), Cholesterol: 11.29mg (3.76%), Sodium: 110.28mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin C: 8.81mg (10.68%), Vitamin A: 424.98IU (8.5%), Vitamin B1: 0.09mg (5.89%), Fiber: 1.47g (5.87%), Manganese: 0.12mg (5.8%), Vitamin K: 6µg (5.72%), Folate: 19.9µg (4.98%), Vitamin B3: 0.85mg (4.23%), Potassium: 146.74mg (4.19%), Selenium: 2.83µg (4.04%), Vitamin B2: 0.07mg (3.92%), Copper: 0.06mg (3.13%), Iron: 0.55mg (3.03%), Vitamin E: 0.36mg (2.43%), Phosphorus: 24.31mg (2.43%), Magnesium: 8.19mg (2.05%), Vitamin B5: 0.16mg (1.61%), Vitamin B6: 0.03mg (1.49%), Zinc: 0.15mg (1.03%)