



Quick Peach and Raspberry Pies

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



366 kcal

DESSERT

Ingredients

- 2 teaspoons cornstarch
- 0.3 cup brown sugar dark packed
- 0.5 teaspoon ground cinnamon
- 12 ounces peaches diced frozen thawed sliced
- 4 ounces raspberries unsweetened frozen thawed
- 15 ounce pie dough refrigerated (such as Pillsbury)
- 2 cups vanilla fat-free
- 0.5 teaspoon vanilla extract

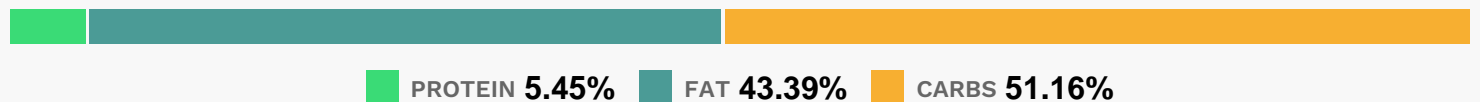
Equipment

- baking sheet
- sauce pan
- oven
- wire rack

Directions

- Preheat oven to 40
- Unfold dough, and cut into 8 wedges; place on a baking sheet.
- Bake at 400 for 11 minutes or until golden. Cool completely on a wire rack.
- Combine sugar, cornstarch, cinnamon, and, if desired, allspice, in a large saucepan.
- Add peaches, stirring well. Bring to a boil over medium-high heat; cook 1 minute or until slightly thick and sugar dissolves, stirring constantly.
- Remove from heat; stir in raspberries and vanilla.
- Let stand 15 minutes. Top each pastry wedge with 1/4 cup fruit mixture and 1/4 cup ice cream.

Nutrition Facts



Properties

Glycemic Index:16.53, Glycemic Load:6.28, Inflammation Score:-4, Nutrition Score:7.0156522393227%

Flavonoids

Cyanidin: 7.3mg, Cyanidin: 7.3mg, Cyanidin: 7.3mg, Cyanidin: 7.3mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 365.52kcal (18.28%), Fat: 17.7g (27.23%), Saturated Fat: 6.59g (41.18%), Carbohydrates: 46.95g (15.65%), Net Carbohydrates: 43.76g (15.91%), Sugar: 17.89g (19.88%), Cholesterol: 14.52mg (4.84%), Sodium: 251.48mg (10.93%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 5g (10%), Manganese: 0.39mg (19.28%), Fiber: 3.19g (12.76%), Vitamin B1: 0.17mg (11.63%), Folate: 44.46µg (11.12%), Vitamin B2: 0.19mg (11.08%), Vitamin B3: 1.91mg (9.56%), Iron: 1.72mg (9.53%), Phosphorus: 86.82mg (8.68%), Vitamin C: 5.66mg (6.86%), Selenium: 4.65µg (6.64%), Calcium: 64.58mg (6.46%), Vitamin K: 6.4µg (6.09%), Potassium: 200.58mg (5.73%), Vitamin A: 283.14IU (5.66%), Vitamin B5: 0.53mg (5.28%), Vitamin E: 0.78mg (5.2%), Magnesium: 19.85mg (4.96%), Copper: 0.1mg (4.87%), Zinc: 0.63mg (4.19%), Vitamin B6: 0.06mg (3.2%), Vitamin B12: 0.13µg (2.14%)