



Sour-Cherry-Almond Crumb Pie

READY IN



45 min.

SERVINGS



8

CALORIES



430 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almond paste
- ☐ 0.3 cup almonds sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 6 cups cherries fresh sour pitted
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pie crust dough (recipe below)
- ☐ 1 inch salt

- ☐ 1 cup sugar
- ☐ 4 tablespoons butter unsalted

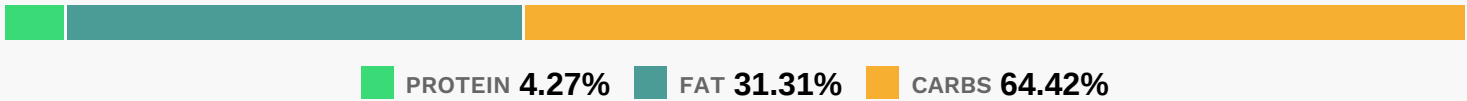
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 400F. Make filling: In a bowl, mix cherries, sugar, cornstarch and lemon juice.
- ☐ Roll out dough into an 11-to-12-inch round and fit into a 9-inch pie pan. Crimp edge.
- ☐ Make topping: In a bowl, crumble flour, butter, almond paste, brown sugar and salt until blended. Toss in almonds.
- ☐ Spoon filling into pie shell; sprinkle with topping.
- ☐ Bake until topping is golden, about 1 hour.
- ☐ Let cool.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:24.97, Inflammation Score:-4, Nutrition Score:7.5834782803836%

Flavonoids

Cyanidin: 31.36mg, Cyanidin: 31.36mg, Cyanidin: 31.36mg, Cyanidin: 31.36mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg

Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 429.85kcal (21.49%), Fat: 15.46g (23.79%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 71.59g (23.86%), Net Carbohydrates: 67.82g (24.66%), Sugar: 47.67g (52.97%), Cholesterol: 15.05mg (5.02%), Sodium: 95.82mg (4.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.49%), Manganese: 0.38mg (18.77%), Vitamin E: 2.28mg (15.19%), Fiber: 3.77g (15.07%), Vitamin B2: 0.19mg (11.14%), Vitamin B1: 0.16mg (10.81%), Folate: 40.83µg (10.21%), Vitamin C: 7.98mg (9.67%), Magnesium: 36.82mg (9.21%), Potassium: 322.46mg (9.21%), Iron: 1.62mg (9.01%), Phosphorus: 84.71mg (8.47%), Copper: 0.17mg (8.44%), Vitamin B3: 1.45mg (7.23%), Selenium: 4.7µg (6.72%), Calcium: 48.99mg (4.9%), Vitamin A: 241.53IU (4.83%), Vitamin K: 4.24µg (4.04%), Vitamin B6: 0.08mg (3.82%), Vitamin B5: 0.37mg (3.71%), Zinc: 0.46mg (3.07%)