

Sour Cherry Pie

READY IN



45 min.

SERVINGS



6

CALORIES



577 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter diced
- ☐ 4 cups cherries sour pitted
- ☐ 2.5 tablespoons cornstarch
- ☐ 1 eggs beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 6 juice of lime
- ☐ 2 9-inch pie crust dough refrigerated ()
- ☐ 1 cup sugar
- ☐ 2 tablespoons whipping cream

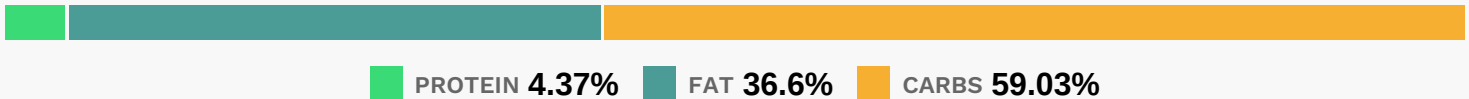
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ cookie cutter

Directions

- ☐ Roll out one crust; place in a 9" pie plate. Wrap with plastic wrap and chill.
- ☐ Roll out remaining crust 1/8-inch thick.
- ☐ Cut as many one-inch-wide strips as possible to make lattice; cut any leftover crust into leaf shapes with a mini cookie cutter.
- ☐ Place lattice strips and leaves on parchment paper-lined baking sheet; cover with plastic wrap and chill.
- ☐ Combine cherries and juice in a large bowl.
- ☐ Sprinkle with sugar, flour, cornstarch, lime juice and zest. Toss well and pour into pie crust; dot with butter. Weave lattice strips over filling. Arrange leaves in a decorative pattern on lattice.
- ☐ Whisk together egg and cream; brush over lattice and edges of crust.
- ☐ Bake at 400 for about 50 minutes, shielding crust after 30 minutes, if needed. Cool slightly before cutting.

Nutrition Facts



Properties

Glycemic Index:36.18, Glycemic Load:26.77, Inflammation Score:-5, Nutrition Score:8.6156521828278%

Flavonoids

Cyanidin: 27.79mg, Cyanidin: 27.79mg, Cyanidin: 27.79mg, Cyanidin: 27.79mg Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Peonidin: 1.38mg, Peonidin: 1.38mg, Peonidin: 1.38mg, Peonidin: 1.38mg Catechin: 4.01mg, Catechin: 4.01mg, Catechin: 4.01mg, Catechin: 4.01mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 4.6mg, Epicatechin: 4.6mg, Epicatechin: 4.6mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 576.66kcal (28.83%), Fat: 23.99g (36.91%), Saturated Fat: 9.26g (57.86%), Carbohydrates: 87.05g (29.02%), Net Carbohydrates: 83.27g (30.28%), Sugar: 45.73g (50.81%), Cholesterol: 42.96mg (14.32%), Sodium: 315.7mg (13.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Manganese: 0.38mg (18.91%), Vitamin C: 15.47mg (18.75%), Vitamin B1: 0.23mg (15.31%), Fiber: 3.78g (15.13%), Folate: 59.42µg (14.86%), Iron: 2.32mg (12.87%), Vitamin B2: 0.21mg (12.07%), Vitamin B3: 2.07mg (10.34%), Selenium: 7µg (9.99%), Potassium: 322.1mg (9.2%), Phosphorus: 91.84mg (9.18%), Vitamin K: 7.49µg (7.13%), Vitamin B5: 0.63mg (6.26%), Copper: 0.12mg (6.25%), Vitamin A: 304.27IU (6.09%), Magnesium: 24.22mg (6.05%), Vitamin B6: 0.1mg (5.24%), Vitamin E: 0.67mg (4.46%), Calcium: 37.94mg (3.79%), Zinc: 0.51mg (3.42%), Vitamin D: 0.23µg (1.51%), Vitamin B12: 0.08µg (1.35%)