



Sour-Cherry Streusel Pie

READY IN



45 min.

SERVINGS



8

CALORIES



432 kcal

DESSERT

Ingredients

- ☐ 3.5 tablespoons all purpose flour
- ☐ 2.5 pounds cherries sour pitted
- ☐ 6 tablespoons brown sugar packed ()
- ☐ 1 teaspoon ground cinnamon
- ☐ 8 servings tender pie crustdough disk
- ☐ 1 pinch salt
- ☐ 1 cup sugar (scant)
- ☐ 0.5 cup butter unsalted melted (1 stick)
- ☐ 0.3 teaspoon vanilla extract

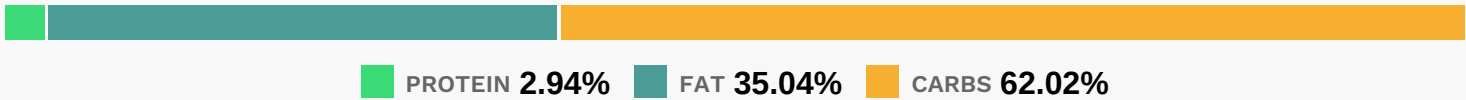
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Roll out pie crust disk on floured surface to 13 1/2-inch round.
- ☐ Transfer to 9-inch glass pie dish. Trim overhang to 1 inch. Fold edges under. Crimp, forming high rim (about 1/2 inch above sides of dish). Chill at least 30 minutes and up to 1 day.
- ☐ Mix first 5 ingredients in bowl.
- ☐ Add melted butter and vanilla; rub in with fingertips until small clumps form. (Can be made 4 hours ahead. Cover; let stand at room temperature.)
- ☐ Position rack in center of oven; preheat to 375°F.
- ☐ Place foil-lined baking sheet in bottom of oven to catch spills.
- ☐ Mix first 4 ingredients in large bowl.
- ☐ Add cherries; toss to coat.
- ☐ Let stand until cherries begin to release juice, stirring occasionally, about 10 minutes.
- ☐ Transfer filling to chilled crust, mounding in center.
- ☐ Sprinkle streusel over, covering completely and pressing to adhere.
- ☐ Bake pie 20 minutes. Tent loosely with foil.
- ☐ Bake until filling bubbles thickly and streusel is golden, about 1 hour 10 minutes longer. Cool on rack.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:23.6, Inflammation Score:-5, Nutrition Score:5.9830435320087%

Flavonoids

Cyanidin: 42.82mg, Cyanidin: 42.82mg, Cyanidin: 42.82mg, Cyanidin: 42.82mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.13mg, Peonidin: 2.13mg, Peonidin: 2.13mg, Peonidin: 2.13mg Catechin: 6.18mg, Catechin: 6.18mg, Catechin: 6.18mg, Catechin: 6.18mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 431.51kcal (21.58%), Fat: 17.45g (26.84%), Saturated Fat: 9.08g (56.76%), Carbohydrates: 69.47g (23.16%), Net Carbohydrates: 65.74g (23.91%), Sugar: 51.86g (57.62%), Cholesterol: 30.5mg (10.17%), Sodium: 96.19mg (4.18%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 3.29g (6.58%), Fiber: 3.73g (14.92%), Manganese: 0.27mg (13.34%), Vitamin C: 9.93mg (12.04%), Potassium: 355.94mg (10.17%), Vitamin A: 446.21IU (8.92%), Vitamin B1: 0.12mg (8.22%), Iron: 1.32mg (7.31%), Folate: 27.08µg (6.77%), Vitamin B2: 0.11mg (6.41%), Copper: 0.11mg (5.75%), Vitamin K: 5.61µg (5.34%), Phosphorus: 52.54mg (5.25%), Magnesium: 20.76mg (5.19%), Vitamin B3: 1.01mg (5.03%), Vitamin B6: 0.09mg (4.3%), Vitamin B5: 0.41mg (4.11%), Selenium: 2.73µg (3.9%), Calcium: 36.6mg (3.66%), Vitamin E: 0.53mg (3.56%), Zinc: 0.24mg (1.6%), Vitamin D: 0.21µg (1.42%)