



Spiced Peach Pie with Buttermilk Crust

READY IN



45 min.

SERVINGS



8

CALORIES



280 kcal

DESSERT

Ingredients

- ☐ 0.3 cup flour
- ☐ 0.8 cup buttermilk chilled ()
- ☐ 1 eggs beaten to blend (for glaze)
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 3.8 pounds peaches ripe
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening frozen cut into 1/2-inch pieces

- ☐ 0.8 cup sugar
- ☐ 2 tablespoons butter unsalted cut into small pieces

Equipment

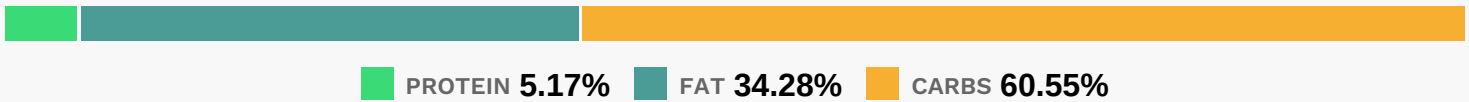
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ rolling pin
- ☐ pie form

Directions

- ☐ Blend flour, sugar and salt in processor.
- ☐ Add butter and lard; cut in using on/off turns until fat is reduced to pea-size pieces, about 25 turns. Using on/off turns, blend in 3/4 cup buttermilk until dough just comes together in moist clumps, adding more buttermilk if dough is dry. Gather dough into ball. Divide into 2 pieces, 1 slightly larger than the other. Flatten each into disk. Wrap disks in plastic; chill at least 1 hour or overnight.
- ☐ Mix 3/4 cup sugar and next 4 ingredients in large bowl. Cook peaches in pot of boiling water 30 seconds.
- ☐ Transfer to bowl of cold water; cool. Peel, halve and pit peaches. Slice peaches into bowl with sugar mixture; toss to coat.
- ☐ Let filling stand until juices form, stirring often, about 20 minutes.
- ☐ Place 1 rack in center and 1 rack at lowest position in oven; preheat to 400°F.
- ☐ Roll out larger dough disk on floured surface to 12- to 13-inch round.
- ☐ Transfer dough to 9-inch-diameter glass pie dish. Trim overhang to 3/4 inch. Mound filling in dish; dot with butter.
- ☐ Roll out second disk on floured surface to 12-inch round. Gently roll up dough onto rolling pin; drape dough over filling. Pinch overhang and edge of top crust together. Fold edge under.
- ☐ Cut several slits in top crust. Crimp edge.

- ☐ Brush pie with beaten egg; sprinkle with 1 tablespoon sugar.
- ☐ Place pie on center rack in oven.
- ☐ Bake 50 minutes.
- ☐ Place baking sheet on lowest rack to catch drippings. Continue to bake pie until crust is brown and juices bubble thickly through slits, covering very loosely with foil if top browns too quickly, about 20 minutes. Cool on rack 1 hour.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:28.29, Glycemic Load:22.95, Inflammation Score:-6, Nutrition Score:7.7999999937804%

Flavonoids

Cyanidin: 4.08mg, Cyanidin: 4.08mg, Cyanidin: 4.08mg, Cyanidin: 4.08mg Catechin: 10.46mg, Catechin: 10.46mg, Catechin: 10.46mg, Catechin: 10.46mg Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 279.96kcal (14%), Fat: 11.19g (17.22%), Saturated Fat: 4.05g (25.29%), Carbohydrates: 44.48g (14.83%), Net Carbohydrates: 41.1g (14.94%), Sugar: 37.71g (41.9%), Cholesterol: 30.46mg (10.15%), Sodium: 205.36mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin A: 847.86IU (16.96%), Vitamin E: 2.11mg (14.04%), Fiber: 3.38g (13.53%), Selenium: 8.46µg (12.09%), Vitamin C: 9.1mg (11.03%), Manganese: 0.2mg (9.97%), Vitamin B3: 1.97mg (9.87%), Vitamin K: 10.17µg (9.68%), Copper: 0.18mg (9.19%), Vitamin B2: 0.15mg (9.06%), Potassium: 304.99mg (8.71%), Phosphorus: 82.12mg (8.21%), Vitamin B1: 0.1mg (6.42%), Folate: 23.92µg (5.98%), Iron: 1.04mg (5.79%), Vitamin B5: 0.56mg (5.61%), Magnesium: 21.13mg (5.28%), Zinc: 0.69mg (4.57%), Calcium: 40.78mg (4.08%), Vitamin B6: 0.07mg (3.66%), Vitamin D: 0.46µg (3.03%), Vitamin B12: 0.16µg (2.64%)