



Spiced Peach Pie with Lattice Crust

READY IN



45 min.

SERVINGS



8

CALORIES



544 kcal

DESSERT

Ingredients

- ☐ 2.5 cups flour
- ☐ 0.3 cup cornstarch
- ☐ 0.7 cup brown sugar packed ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 4 tablespoons water ()
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 3 pounds peaches
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup shortening chilled cut into pieces
- ☐ 1 tablespoon sugar
- ☐ 10 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()

Equipment

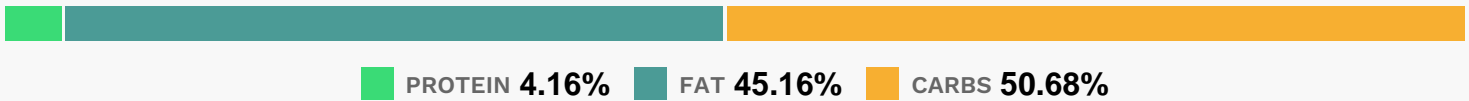
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Whisk first 5 ingredients in medium bowl to blend.
- ☐ Add butter and shortening and rub in with fingertips until mixture resembles very coarse meal.
- ☐ Mix in 4 tablespoons ice water.
- ☐ Mix in more water by tablespoonfuls if dough is dry, tossing until moist clumps form. Gather dough into ball. Divide dough into 2 pieces, 1 slightly larger than the other. Flatten into disks; wrap and chill at least 2 hours and up to 2 days.
- ☐ Mix sugar, cornstarch, lemon juice and spices in large bowl. Bring medium saucepan of water to boil. Drop in 3 peaches at a time; blanch 1 minute.
- ☐ Transfer peaches to bowl of cold water. Using small sharp knife, peel 1 peach.
- ☐ Cut peach in half; discard pit and slice thinly. Stir peach slices into sugar mixture. Repeat with remaining peaches.
- ☐ Let filling stand until juices form, at least 30 minutes and up to 1 hour.
- ☐ Preheat oven to 375°F.
- ☐ Roll out larger dough disk on lightly floured surface to 13- to 14-inch round.
- ☐ Transfer to 9-inch-diameter deep-dish pie dish.

- ☐
- Roll out smaller dough disk on lightly floured surface to 11-inch round. Using ruler as aid, cut dough into 1/2-inch-wide strips.
- ☐
- Spoon filling into dough-lined dish. Arrange some of dough strips atop pie, spacing 3/4 inch apart. Form lattice by arranging more dough strips at right angle to first strips, spacing 3/4 inch apart. Trim overhang of bottom crust and lattice strips to 3/4 inch. Fold under and crimp edge decoratively.
- ☐
- Bake pie until crust is golden and filling bubbles thickly, covering edge of crust with foil if browning too quickly, about 1 hour 20 minutes. Cool pie to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:28.5, Inflammation Score:-7, Nutrition Score:11.485217395036%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 543.91kcal (27.2%), Fat: 27.86g (42.87%), Saturated Fat: 12.29g (76.81%), Carbohydrates: 70.36g (23.45%), Net Carbohydrates: 66.63g (24.23%), Sugar: 33.69g (37.43%), Cholesterol: 37.63mg (12.54%), Sodium: 176.61mg (7.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.57%), Selenium: 17.4µg (24.86%), Vitamin B1: 0.35mg (23.41%), Manganese: 0.45mg (22.43%), Folate: 82.55µg (20.64%), Vitamin A: 992.29IU (19.85%), Vitamin B3: 3.72mg (18.6%), Vitamin E: 2.46mg (16.4%), Fiber: 3.73g (14.91%), Vitamin B2: 0.25mg (14.84%), Iron: 2.59mg (14.39%), Vitamin K: 13.3µg (12.67%), Copper: 0.2mg (10.24%), Vitamin C: 7.22mg (8.75%), Phosphorus: 85.4mg (8.54%), Potassium: 280.91mg (8.03%), Magnesium: 24.78mg (6.2%), Vitamin B5: 0.56mg (5.64%), Zinc: 0.7mg (4.64%), Vitamin B6: 0.07mg (3.46%), Calcium: 34.05mg (3.41%), Vitamin D: 0.26µg (1.75%)