

Spiced-Pear Pie

READY IN



45 min.

SERVINGS



20

CALORIES



563 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons flour
- ☐ 2 teaspoons apple cider vinegar
- ☐ 9 pounds bosc pear cored peeled halved cut into 4 slices
- ☐ 4 cinnamon sticks
- ☐ 1.3 cups brown sugar packed ()
- ☐ 4 tablespoons cup heavy whipping cream
- ☐ 20 servings whipped cream
- ☐ 0.5 cup water ()
- ☐ 20 servings milk

- ☐ 20 servings sugar raw
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 1 cup butter unsalted chilled cut into pieces (2 sticks)
- ☐ 0.5 vanilla pod chopped
- ☐ 2 star anise whole
- ☐ 8 ounces frangelico diced frozen chilled
- ☐ 8 ounces frangelico diced frozen chilled

Equipment

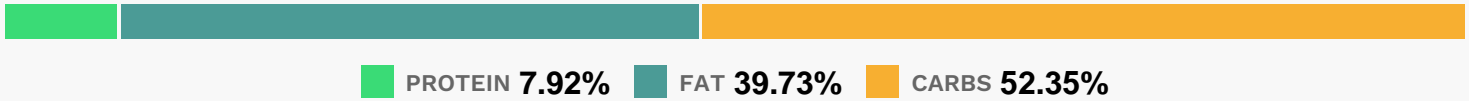
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Whisk first 3 ingredients in large bowl.
- ☐ Add lard and butter. Rub together with fingertips until mixture resembles coarse damp meal.
- ☐ Add 1/2 cup ice water and vinegar. Stir with fork until moist clumps form, adding more water by tablespoonfuls if dry. Gather dough into ball. Divide into 4 pieces; flatten into disks. Wrap each disk in plastic and chill at least 30 minutes and up to 3 days.
- ☐ Using spice grinder, finely grind first 4 ingredients.
- ☐ Transfer spice mixture to medium bowl; mix in sugar, flour, and salt. Divide pears between 2 large bowls; mix half of spice mixture and 2 tablespoons cream into each.
- ☐ Position rack in bottom third of oven and preheat to 400°F.
- ☐ Roll out 1 dough disk on lightly floured surface to 12-inch round.
- ☐ Transfer to 9-inch-diameter glass pie dish.

- ☐ Roll out second dough disk to 12-inch round. Mound 1 bowl of pear filling in crust.
- ☐ Brush overhang lightly with milk. Drape second crust over; press top and bottom overhangs together. Fold under, forming edge of pie. Crimp edge decoratively.
- ☐ Cut 3-inch X in center of top crust; brush with milk and sprinkle with raw sugar.
- ☐ Place on rimmed baking sheet. Repeat rolling and assembly with remaining dough disks and pear filling.
- ☐ Bake pies 40 minutes. Tent with foil to prevent overbrowning.
- ☐ Bake until crusts are golden brown, pears are tender, and juices are bubbling thickly, about 40 minutes longer. Cool completely.
- ☐ Serve with ice cream.
- ☐ *Brown star-shaped seedpods; available in the spice section of some supermarkets and at Asian markets and specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:16.54, Glycemic Load:24.16, Inflammation Score:-7, Nutrition Score:16.138260758441%

Flavonoids

Cyanidin: 4.2mg, Cyanidin: 4.2mg, Cyanidin: 4.2mg, Cyanidin: 4.2mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 7.67mg, Epicatechin: 7.67mg, Epicatechin: 7.67mg, Epicatechin: 7.67mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 562.86kcal (28.14%), Fat: 25.71g (39.55%), Saturated Fat: 15.59g (97.45%), Carbohydrates: 76.24g (25.41%), Net Carbohydrates: 69g (25.09%), Sugar: 61.37g (68.18%), Cholesterol: 86.11mg (28.7%), Sodium: 212.35mg (9.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.05%), Calcium: 428.22mg (42.82%), Phosphorus: 348.65mg (34.87%), Vitamin B2: 0.57mg (33.5%), Fiber: 7.24g (28.95%), Vitamin B12: 1.6µg (26.65%), Potassium: 766.74mg (21.91%), Vitamin A: 1054.28IU (21.09%), Vitamin D: 3.03µg (20.23%), Vitamin B5: 1.45mg (14.46%), Magnesium: 55.76mg (13.94%), Vitamin B1: 0.21mg (13.83%), Manganese: 0.26mg (13.23%), Vitamin B6: 0.25mg (12.49%), Zinc: 1.72mg (11.45%), Vitamin C: 9.24mg (11.2%), Vitamin K: 11.03µg (10.5%), Selenium:

7.2µg (10.29%), Copper: 0.2mg (10.09%), Vitamin E: 0.87mg (5.82%), Folate: 22.36µg (5.59%), Vitamin B3: 0.83mg (4.15%), Iron: 0.74mg (4.12%)