



Spiced Plum Pie

READY IN



45 min.

SERVINGS



8

CALORIES



300 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 0.8 teaspoon ground cardamom
- ☐ 1.8 teaspoons ground cinnamon divided
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 teaspoons orange peel packed finely grated ()
- ☐ 2 tender pie crust dough disks
- ☐ 2.5 pounds plums pitted halved cut into 4 wedges
- ☐ 0.3 teaspoon salt

- ☐ 3 tablespoons sugar
- ☐ 0.5 vanilla pod split
- ☐ 2 tablespoons whipping cream

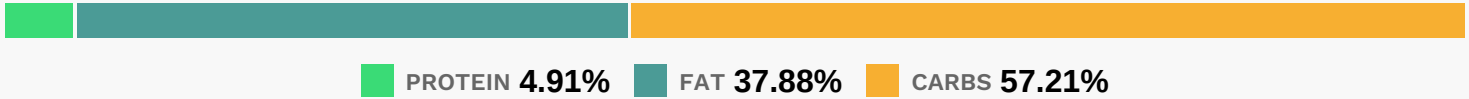
Equipment

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

Directions

- ☐ Roll out 1 pie crust disk on floured surface to 13 1/2-inch round.
- ☐ Transfer to 9-inch glass pie dish. Trim overhang to 1 inch. Refrigerate crust while preparing filling.
- ☐ Position rack in center of oven; preheat to 375°F.
- ☐ Place foil-lined baking sheet in bottom of oven to catch any spills.
- ☐ Mix 3 tablespoons sugar and 1/4 teaspoon cinnamon in small bowl; set aside.
- ☐ Whisk 1 cup sugar, 1 1/2 teaspoons cinnamon, and next 6 ingredients in large bowl. Scrape in seeds from vanilla bean.
- ☐ Add plums and toss to coat. Spoon filling into crust, mounding slightly in center.
- ☐ Roll out second pie crust disk on floured surface to 13 1/2-inch round. Drape crust over filling; trim overhang to 1 inch. Press top and bottom crust edges together. Fold edges under; crimp. Using sharp knife, cut four 2-inch-long slits in center of top crust to allow steam to escape.
- ☐ Brush crust (but not edges) with cream.
- ☐ Sprinkle reserved cinnamon sugar over crust.
- ☐ Bake pie 30 minutes. Tent pie loosely with foil to prevent overbrowning. Continue to bake until filling bubbles thickly through slits, about 1 hour longer. Cool completely on rack.

Nutrition Facts



Properties

Glycemic Index:23.59, Glycemic Load:8.64, Inflammation Score:-5, Nutrition Score:7.0499999630062%

Flavonoids

Cyanidin: 7.98mg, Cyanidin: 7.98mg, Cyanidin: 7.98mg, Cyanidin: 7.98mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 4.1mg, Catechin: 4.1mg, Catechin: 4.1mg, Catechin: 4.1mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Epicatechin 3-gallate: 1.08mg, Epicatechin 3-gallate: 1.08mg, Epicatechin 3-gallate: 1.08mg, Epicatechin 3-gallate: 1.08mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 300.42kcal (15.02%), Fat: 12.94g (19.91%), Saturated Fat: 4.37g (27.34%), Carbohydrates: 43.97g (14.66%), Net Carbohydrates: 40.55g (14.74%), Sugar: 18.69g (20.77%), Cholesterol: 4.24mg (1.41%), Sodium: 247.92mg (10.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.55%), Manganese: 0.41mg (20.63%), Vitamin C: 14.23mg (17.24%), Fiber: 3.43g (13.71%), Vitamin K: 12.48µg (11.88%), Vitamin A: 548.08IU (10.96%), Vitamin B1: 0.16mg (10.58%), Folate: 37.22µg (9.3%), Vitamin B3: 1.75mg (8.77%), Iron: 1.43mg (7.97%), Potassium: 273.08mg (7.8%), Vitamin B2: 0.12mg (6.95%), Copper: 0.12mg (5.89%), Phosphorus: 56.6mg (5.66%), Magnesium: 17.62mg (4.4%), Vitamin E: 0.61mg (4.08%), Vitamin B5: 0.38mg (3.77%), Selenium: 2.64µg (3.77%), Vitamin B6: 0.07mg (3.29%), Calcium: 25.4mg (2.54%), Zinc: 0.37mg (2.46%)