



## 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 nutmeg
- 2 pie crust dough
- 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

PROTEIN 4.91% FAT 37.94% CARBS 57.15%

## Properties

Glycemic Index:23.59, Glycemic Load:8.64, Inflammation Score:-5, Nutrition Score:6.9865217212102%

## 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 Gallic acid: 0.13mg, Gallic acid: 0.13mg, Gallic acid: 0.13mg, Gallic acid: 0.13mg

## Nutrients (% of daily need)

Calories: 299.94kcal (15%), Fat: 12.94g (19.9%), Saturated Fat: 4.37g (27.34%), Carbohydrates: 43.85g (14.62%), Net Carbohydrates: 40.47g (14.72%), Sugar: 18.69g (20.77%), Cholesterol: 4.24mg (1.41%), Sodium: 247.91mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Manganese: 0.41mg (20.63%), Vitamin C: 13.55mg (16.42%), Fiber: 3.37g (13.49%), Vitamin K: 12.48µg (11.88%), Vitamin A: 545.98IU (10.92%), Vitamin B1: 0.16mg (10.54%), Folate: 37.07µg (9.27%), Vitamin B3: 1.75mg (8.75%), Iron: 1.43mg (7.95%), Potassium: 272.02mg (7.77%), Vitamin B2: 0.12mg (6.92%), Copper: 0.12mg (5.87%), Phosphorus: 56.49mg (5.65%), Magnesium: 17.51mg (4.38%), Vitamin E: 0.61mg (4.08%), Selenium: 2.63µg (3.76%), Vitamin B5: 0.37mg (3.75%), Vitamin B6: 0.06mg (3.25%), Calcium: 24.6mg (2.46%), Zinc: 0.37mg (2.45%)