



Stars-and-Stripes Cherry Pie



Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



437 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 36 ounce cherries red frozen thawed
- ☐ 1 eggs lightly beaten
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup quick-cooking tapioca
- ☐ 14.1 ounce piecrusts refrigerated
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

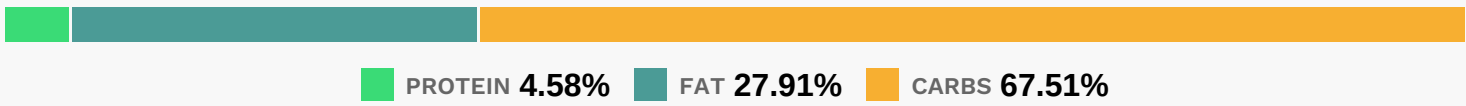
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 6 ingredients in a large bowl, stirring until well blended.
- ☐ Let stand 15 minutes.
- ☐ Meanwhile, place 1 piecrust in a shallow 9-inch pie plate; trim edges.
- ☐ Cut three-fourths of remaining piecrust into strips.
- ☐ Cut remaining one-fourth piecrust with a 2-inch star cutter.
- ☐ Spoon cherry mixture into pie plate. Arrange pastry strips and stars on top of filling.
- ☐ Brush pastry with beaten egg.
- ☐ Bake pie, on a foil-lined baking sheet, 15 minutes. Reduce heat to 350; bake 55 minutes or until filling is bubbly and crust is browned. (Shield edges with aluminum foil, if necessary, to prevent excessive browning.)

Nutrition Facts



Properties

Glycemic Index:11.51, Glycemic Load:21.35, Inflammation Score:-3, Nutrition Score:6.7913043628568%

Flavonoids

Cyanidin: 38.54mg, Cyanidin: 38.54mg, Cyanidin: 38.54mg, Cyanidin: 38.54mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 1.91mg, Peonidin: 1.91mg, Peonidin: 1.91mg, Peonidin: 1.91mg Catechin: 5.56mg, Catechin: 5.56mg, Catechin: 5.56mg, Catechin: 5.56mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg

Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 437.14kcal (21.86%), Fat: 13.89g (21.37%), Saturated Fat: 4.3g (26.86%), Carbohydrates: 75.57g (25.19%), Net Carbohydrates: 71.64g (26.05%), Sugar: 41.36g (45.96%), Cholesterol: 20.46mg (6.82%), Sodium: 285.13mg (12.4%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 5.13g (10.26%), Fiber: 3.93g (15.73%), Manganese: 0.31mg (15.68%), Vitamin B1: 0.17mg (11.63%), Vitamin C: 9.41mg (11.41%), Folate: 42.91µg (10.73%), Iron: 1.87mg (10.38%), Potassium: 341.44mg (9.76%), Vitamin B2: 0.16mg (9.26%), Vitamin B3: 1.55mg (7.76%), Phosphorus: 73.77mg (7.38%), Selenium: 4.69µg (6.7%), Vitamin K: 6.34µg (6.04%), Copper: 0.12mg (6.01%), Magnesium: 22.29mg (5.57%), Vitamin B5: 0.54mg (5.42%), Vitamin B6: 0.1mg (4.87%), Calcium: 29.56mg (2.96%), Zinc: 0.39mg (2.59%), Vitamin E: 0.38mg (2.53%), Vitamin A: 111.92IU (2.24%)