



## Sweet Washington Cherry Pie

 Vegetarian

READY IN



135 min.

SERVINGS



8

CALORIES



290 kcal

DESSERT

### Ingredients

- 0.3 teaspoon almond extract
- 0.3 cup brown sugar
- 1 tablespoon butter cut into small chunks
- 0.3 cup bottled cherry juice
- 1 pastry for a double-crust 9-inch pie
- 0.3 cup flour all-purpose
- 2 cups cherries dark fresh sweet such as bing or lambert pitted
- 0.3 cup sugar white

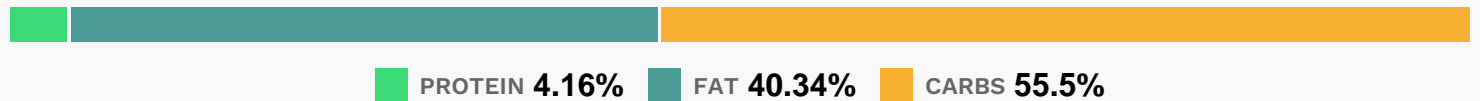
# Equipment

- bowl
- oven
- knife
- pie form

# Directions

- Preheat oven to 425 degrees F (220 degrees C).
- In a bowl, mix the cherries, cherry juice, almond extract, brown sugar, white sugar, and flour until the sugar has dissolved; allow to stand while you prepare pastry dough, about 15 minutes.
- Line a 9-inch pie dish with a pastry crust, and fill with the cherry filling; sprinkle small chunks of butter over the filling. Top with the remaining crust, and crimp the edges to seal; cut several steam vents into the top crust with a sharp paring knife.
- Bake in the preheated oven until the cherry filling is bubbling and thickened and the pie crust is browned, 35 to 40 minutes. Allow to cool before serving.

# Nutrition Facts



# Properties

Glycemic Index:34.14, Glycemic Load:16.51, Inflammation Score:-2, Nutrition Score:4.2817391489187%

# Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 289.83kcal (14.49%), Fat: 13.22g (20.34%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 40.93g (13.64%), Net Carbohydrates: 39.64g (14.42%), Sugar: 22.86g (25.4%), Cholesterol: 3.76mg (1.25%), Sodium: 91.06mg (3.96%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 3.07g (6.14%), Selenium: 8.91µg (12.73%), Vitamin B1: 0.16mg (10.8%), Manganese: 0.21mg (10.34%), Folate: 32.56µg (8.14%), Vitamin B3: 1.57mg (7.86%), Vitamin B2: 0.12mg (7.04%), Iron: 1.22mg (6.77%), Vitamin K: 5.79µg (5.51%), Fiber: 1.29g (5.16%), Potassium: 129.21mg (3.69%), Copper: 0.07mg (3.31%), Phosphorus: 30.63mg (3.06%), Vitamin C: 2.41mg (2.93%), Magnesium: 10.43mg (2.61%), Calcium: 17.08mg (1.71%), Vitamin E: 0.23mg (1.55%), Zinc: 0.22mg (1.46%), Vitamin B6: 0.03mg (1.44%), Vitamin A: 66.12IU (1.32%)