



Top-Crust Peach and Cardamom Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

DESSERT

Ingredients

- 2 tablespoons cornstarch
- 1 eggs beaten to blend (for glaze)
- 0.3 teaspoon ground cardamom
- 3 tablespoons water ()
- 2 teaspoons juice of lemon fresh
- 2.5 pounds peaches firm pitted ripe peeled halved sliced
- 1.5 tablespoons sugar raw
- 0.3 teaspoon salt

- 0.3 cup sugar
- 1.3 cups unbleached all purpose flour
- 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)

Equipment

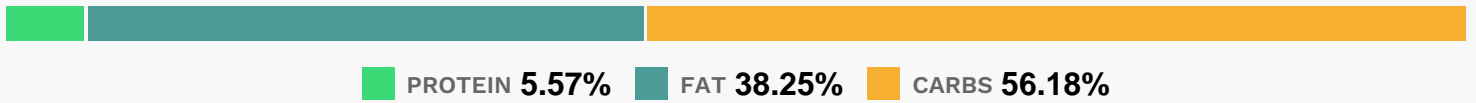
- bowl
- baking sheet
- oven
- cookie cutter

Directions

- Blend flour, sugar, and salt in processor.
- Add butter; using on/off turns, process until mixture resembles very coarse meal.
- Add 3 tablespoons ice water; process using on/off turns until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Turn dough out onto lightly floured work surface and knead briefly just until dough comes together, 4 to 5 turns. Flatten dough into disk; wrap in plastic and chill at least 1 hour. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- Line large baking sheet with parchment paper.
- Roll out dough on lightly floured work surface to 13-inch round.
- Transfer dough round to prepared baking sheet and chill 20 minutes. Using 2 1/2- to 3-inch heart-shaped or scalloped cookie cutter, cut out shapes from dough, spacing close together (leave cutouts on baking sheet). If necessary, remove dough scraps, reroll, and cut out additional shapes for total of about 2
- Chill on sheet while preparing filling.
- Position rack in center of oven and preheat to 400°F.
- Place peach slices in medium bowl.
- Add sugar, cornstarch, lemon juice, and cardamom and toss to coat.
- Transfer peach filling to 9-inch-diameter glass pie dish. Carefully arrange cutouts atop filling in slightly overlapping concentric circles, starting at edge and working toward center, covering filling completely.
- Brush crust with beaten egg, then sprinkle with raw sugar.

- Place pie on rimmed baking sheet.
- Bake until crust is golden brown, peaches are tender, and juices are bubbling thickly at edges, about 45 minutes.
- Transfer pie to rack and cool at least 30 minutes. Spoon warm or room-temperature pie into bowls.
- Serve with Honey Yogurt.
- * Also called turbinado or demerara sugar; available at most supermarkets and at natural foods stores.

Nutrition Facts



Properties

Glycemic Index: 14.42, Glycemic Load: 10.73, Inflammation Score: -6, Nutrition Score: 7.5313043853511%

Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg 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 Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 289.37kcal (14.47%), Fat: 12.64g (19.45%), Saturated Fat: 7.52g (46.99%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 39.08g (14.21%), Sugar: 22.55g (25.06%), Cholesterol: 50.96mg (16.99%), Sodium: 101.5mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.27%), Vitamin A: 846.81IU (16.94%), Selenium: 11.54µg (16.48%), Vitamin B1: 0.19mg (12.71%), Manganese: 0.24mg (12.1%), Folate: 47.51µg (11.88%), Vitamin B3: 2.31mg (11.54%), Fiber: 2.69g (10.77%), Vitamin B2: 0.17mg (10.13%), Vitamin E: 1.47mg (9.79%), Iron: 1.52mg (8.44%), Vitamin C: 6.31mg (7.65%), Copper: 0.15mg (7.4%), Phosphorus: 67.07mg (6.71%), Potassium: 207.71mg (5.93%), Vitamin K: 5.32µg (5.07%), Magnesium: 16.96mg (4.24%), Vitamin B5: 0.4mg (4.04%), Zinc: 0.56mg (3.7%), Vitamin B6: 0.05mg (2.73%), Vitamin D: 0.32µg (2.15%), Calcium: 16.01mg (1.6%), Vitamin B12: 0.07µg (1.22%)