



Vanilla-Roasted Peach Pie

READY IN



60 min.

SERVINGS



10

CALORIES



187 kcal

DESSERT

Ingredients

- 1 cup vanilla almond milk unsweetened divided
- 1 tablespoon canola oil
- 1 large egg white lightly beaten
- 2 teaspoons gelatin powder unflavored
- 1.3 cups graham cracker crumbs (9 sheets)
- 1.5 cups greek yogurt fat-free
- 2 teaspoons juice of lemon
- 0.3 cup brown sugar light packed
- 1.5 pounds peaches pitted peeled cut into wedges

- 0.1 teaspoon salt
- 2 tablespoons sugar
- 3 tablespoons sugar
- 1 teaspoon butter unsalted cut into small pieces
- 2 tablespoons butter unsalted melted
- 0.5 vanilla pod
- 2 tablespoons water

Equipment

- food processor
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 35
- In a food processor, pulse crust ingredients until blended; press into a 9-inch pie plate to form crust.
- Bake until golden (about 10 minutes); set aside on a rack to cool (about 30 minutes). Leave oven on.
- Sprinkle the gelatin over 1/2 cup almond milk in a small saucepan; let stand 3 minutes.
- Heat gently over medium heat just until gelatin dissolves.
- Mix with remaining almond milk, yogurt, brown sugar, and salt. Split vanilla bean in half lengthwise, scrape out seeds; stir into yogurt mixture, reserving pod.
- Pour filling into cooled crust and cover; chill at least 2 hours.
- While filling cools, increase oven temperature to 42
- Arrange peaches in a medium baking dish.
- Drizzle with lemon juice and water; sprinkle with sugar, add vanilla pod, and dot with butter. Roast peaches, basting occasionally with their juices, until wedges are tender and glazed (15–20 minutes); cool to room temperature. Arrange peaches on pie; slice pie into 10 pieces, and

serve.

Total time does not include 2 hours chilling time.

Nutrition Facts

 PROTEIN **11.76%**  FAT **27.09%**  CARBS **61.15%**

Properties

Glycemic Index:25.44, Glycemic Load:12.2, Inflammation Score:-3, Nutrition Score:4.3591304382552%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 187.1kcal (9.36%), Fat: 5.79g (8.9%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 27.94g (10.16%), Sugar: 22.28g (24.76%), Cholesterol: 8.6mg (2.87%), Sodium: 160.09mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.31%), Vitamin B2: 0.15mg (8.78%), Calcium: 82.09mg (8.21%), Phosphorus: 78.95mg (7.9%), Selenium: 5.53µg (7.9%), Vitamin A: 305.53IU (6.11%), Fiber: 1.46g (5.82%), Vitamin E: 0.82mg (5.48%), Vitamin B3: 1.02mg (5.12%), Potassium: 161.1mg (4.6%), Copper: 0.08mg (4.22%), Iron: 0.75mg (4.19%), Magnesium: 16.29mg (4.07%), Vitamin C: 3.18mg (3.85%), Vitamin B12: 0.22µg (3.64%), Zinc: 0.53mg (3.52%), Vitamin B1: 0.05mg (3.17%), Vitamin K: 3.27µg (3.11%), Folate: 11.76µg (2.94%), Manganese: 0.05mg (2.53%), Vitamin B6: 0.05mg (2.52%), Vitamin B5: 0.23mg (2.25%)