



Very Berry Peach Pies

READY IN



45 min.

SERVINGS



8

CALORIES



441 kcal

DESSERT

Ingredients

- ☐ 1.5 cups blackberries
- ☐ 1 cup blueberries
- ☐ 2 tablespoons butter diced
- ☐ 8 servings cinnamon sugar
- ☐ 0.3 cup flour all-purpose
- ☐ 4 cups peaches pitted peeled sliced
- ☐ 2 9-inch pie crust dough
- ☐ 0.8 cup sugar divided

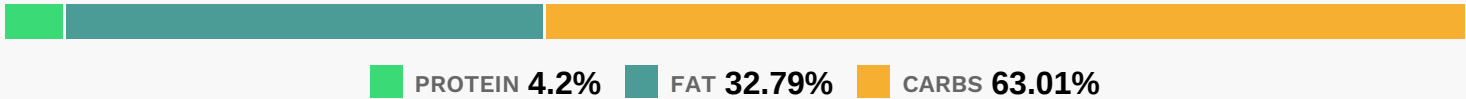
Equipment

- ☐ bowl
- ☐ oven
- ☐ ramekin
- ☐ aluminum foil

Directions

- ☐ Combine fruit in a large bowl; mix gently. Blend 3/4 cup sugar and flour in a small bowl; toss lightly with fruit mixture.
- ☐ Pour fruit mixture into six to eight, 8" individual ramekins; dot with butter.
- ☐ Gently roll out dough on a floured surface and cut 6 to 8 circles one inch larger than ramekins.
- ☐ Place crusts atop ramekins. Trim and crimp edges; cut vents in crust.
- ☐ Sprinkle with cinnamon-sugar. Cover edges of crust with strips of aluminum foil to prevent overbrowning.
- ☐ Bake at 425 degrees for 40 to 45 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:46.3, Glycemic Load:27.48, Inflammation Score:-5, Nutrition Score:8.5169566652697%

Flavonoids

Cyanidin: 30.03mg, Cyanidin: 30.03mg, Cyanidin: 30.03mg, Cyanidin: 30.03mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 3.81mg, Peonidin: 3.81mg, Peonidin: 3.81mg, Peonidin: 3.81mg Catechin: 14.77mg, Catechin: 14.77mg, Catechin: 14.77mg, Catechin: 14.77mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg

Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 440.7kcal (22.03%), Fat: 16.41g (25.25%), Saturated Fat: 5.91g (36.93%), Carbohydrates: 70.97g (23.66%), Net Carbohydrates: 66.59g (24.21%), Sugar: 40.32g (44.8%), Cholesterol: 7.53mg (2.51%), Sodium: 237.86mg (10.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.45%), Manganese: 0.53mg (26.62%), Fiber: 4.39g (17.54%), Vitamin K: 15.13µg (14.41%), Folate: 54.73µg (13.68%), Vitamin B1: 0.2mg (13.27%), Vitamin C: 10.62mg (12.87%), Vitamin B3: 2.45mg (12.27%), Iron: 1.98mg (10.99%), Vitamin B2: 0.15mg (8.81%), Selenium: 6.14µg (8.77%), Vitamin E: 1.3mg (8.65%), Vitamin A: 406.76IU (8.14%), Copper: 0.16mg (8.02%), Phosphorus: 66.16mg (6.62%), Potassium: 206.06mg (5.89%), Magnesium: 21.1mg (5.27%), Vitamin B5: 0.44mg (4.39%), Zinc: 0.61mg (4.06%), Vitamin B6: 0.06mg (3.19%), Calcium: 23.25mg (2.33%)