

Peach Praline Pie

*The Bradford Inn - Bradford, NH
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*3/4 cup sugar
3 tablespoons + 1/4 cup flour
4 cups fresh peaches, peeled and sliced
1 1/2 teaspoons fresh lemon juice
1/3 cup firmly packed brown sugar
1/2 cup chopped pecans
3 tablespoons butter
1 nine-inch unbaked pie shell*

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Preheat the oven to 400 degrees.

In a large mixing bowl, combine the sugar and three tablespoons of flour. Mix well. Add the peaches and lemon juice.

In a small bowl, combine the brown sugar, 1/4 cup of flour and the pecans. Cut in the butter until the mixture becomes crumbly.

Sprinkle one-third of the nut mixture into the unbaked pie shell to form a layer on the bottom. Cover with the peach mixture. Sprinkle the remaining nut mixture over the peaches.

If the pie browns too quickly, lower the oven temperature immediately.

Per Serving (excluding unknown items): 535 Calories; 13g Fat (21.7% calories from fat); 8g Protein; 99g Carbohydrate; 5g Dietary Fiber; 16mg Cholesterol; 65mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 1 Fruit; 2 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	535	Vitamin B6 (mg):	.1mg
% Calories from Fat:	21.7%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	72.4%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	13g	Folacin (mcg):	24mcg
Saturated Fat (g):	4g	Niacin (mg):	5mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	16mg	% Refuse:	0.00%

Carbohydrate (g):	99g
Dietary Fiber (g):	5g
Protein (g):	8g
Sodium (mg):	65mg
Potassium (mg):	373mg
Calcium (mg):	31mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	832IU
Vitamin A (r.e.):	116RE

Food Exchanges

Grain (Starch):	3
Lean Meat:	0
Vegetable:	0
Fruit:	1
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	2 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	535	Calories from Fat: 116
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% Daily Values*

Total Fat	13g	20%
Saturated Fat	4g	21%
Cholesterol	16mg	5%
Sodium	65mg	3%
Total Carbohydrates	99g	33%
Dietary Fiber	5g	19%
Protein	8g	

Vitamin A	17%
Vitamin C	14%
Calcium	3%
Iron	19%

* Percent Daily Values are based on a 2000 calorie diet.