

Peach Mango Pie

Jane Ozment - Purcell, OK

Better Homes and Gardens Magazine - August 2012

Servings: 8

PASTRY

2 1/2 cups flour

1 teaspoon salt

3/4 cup shortening

1/2 to 2/3 cup milk

FILLING

1 cup sugar

2 tablespoons all-purpose flour

1/4 teaspoon ground ginger

1/4 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

3 cups thinly sliced peeled fresh
peaches or frozen unsweetened peach
slices, thawed

3 cups peeled fresh mangoes, sliced
and sealed

2 teaspoons fresh lime juice

1 egg white

Prepare the pastry: In a bowl, combine the flour and salt. Cut in the shortening until the pieces are pea size. Sprinkle one tablespoon of milk over the mixture and toss with a fork. Repeat one tablespoon at a time until moistened. Gather into a ball and knead gently. Divide in half. On a lightly floured surface, roll one ball into a 12-inch circle. Transfer to a 9-inch pie plate. Cover and set aside.

Preheat the oven to 375 degrees.

For the filling: Combine the sugar, flour, spices and 1/4 teaspoon of salt. Add the fruit and toss. Transfer to the pastry-lined pie plate. Drizzle with the lime juice. Trim the pastry.

Roll the remaining pastry into a twelve-inch circle. Cut slits in the pastry. Place on top of the filling. Trim to 1/2-inch beyond the edge. Fold under the bottom pastry. Crimp the edge.

Combine the egg white and one tablespoon of water. Brush over the pie. Sprinkle with one tablespoon of coarse sugar. Cover the edge with foil. Place the pie on the middle oven rack with a foil-lined baking sheet on the rack below.

Bake for 25 minutes. Remove the foil from the pie. Bake for 25 minutes more or until the filling is bubbly. Cool.

Serve with vanilla ice cream, if desired.

Per Serving (excluding unknown items): 428 Calories; 20g Fat (42.1% calories from fat); 5g Protein; 57g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 282mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 4 Fat; 1 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	428	Vitamin B6 (mg):	trace
% Calories from Fat:	42.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	53.1%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	4.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	20g	Folacin (mcg):	14mcg
Saturated Fat (g):	5g	Niacin (mg):	2mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	2mg	% Daily Value:	0.0%
Carbohydrate (g):	57g		
Dietary Fiber (g):	1g		
Protein (g):	5g		
Sodium (mg):	282mg		
Potassium (mg):	76mg		
Calcium (mg):	28mg		
Iron (mg):	2mg		
Zinc (mg):	trace		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	20IU		
Vitamin A (r.e.):	6RE		

Food Exchanges

Grain (Starch):	2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	428	Calories from Fat:	180
% Daily Values*			
Total Fat	20g		31%
Saturated Fat	5g		26%
Cholesterol	2mg		1%
Sodium	282mg		12%
Total Carbohydrates	57g		19%
Dietary Fiber	1g		5%
Protein	5g		
Vitamin A			0%
Vitamin C			1%
Calcium			3%
Iron			11%

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