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## Strawberries Peach Pie Filling ♦♦

A delicious pie filling made with fresh strawberries and peaches. Perfect for pies, tarts, or as a topping for desserts.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

<b>250 g</b>	Strawberries
<b>250 g</b>	peaches
<b>100 g</b>	sugar
<b>30 g</b>	cornstarch
<b>2 tsp</b>	lemon juice
<b>1 tsp</b>	vanilla extract

# Directions

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## Step 1

Cut

Wash and hull the strawberries. Peel and pit the peaches. Slice the strawberries and peaches into small pieces.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 2

Cooking

In a saucepan, combine the sliced strawberries, peaches, sugar, and lemon juice. Cook over medium heat until the fruit releases its juices and becomes soft, about 10 minutes.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 3

Cooking

In a small bowl, mix the cornstarch with a little water to form a slurry. Add the slurry to the saucepan and cook for another 5 minutes, stirring constantly, until the mixture thickens.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

Resting

Remove the saucepan from the heat and stir in the vanilla extract. Let the filling cool completely before using.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 0 g

**Protein:** 1 g

**Carbohydrates:** 38 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	38 g	69.09%	76%
Fibers	3 g	7.89%	12%
Sugars	32 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	60 mg	66.67%	80%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	6 mg	0.18%	0.23%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas

Easter

New Year

Picnic

### Course

Desserts

Soups

Sauces & Dressings

### Cooking Method

Steaming

Cutting

### Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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