



Apple and Dried-Fruit Spice Pie

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



380 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 4 teaspoons cornstarch
- ☐ 0.7 cup cherries dried
- ☐ 0.7 cup cranberries dried
- ☐ 0.7 cup currants dried
- ☐ 0.7 cup golden raisins
- ☐ 4 pounds granny smith apples cored peeled cut into chunks (6)
- ☐ 0.3 cup granulated sugar

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 lemon zest shredded finely
- ☐ 0.7 cup brown sugar light packed
- ☐ 1 orange zest shredded finely
- ☐ 12 servings double-crust pie dough prepared for a lattice top
- ☐ 0.7 cup raisins dark
- ☐ 0.5 cup rum such as myers dark

Equipment

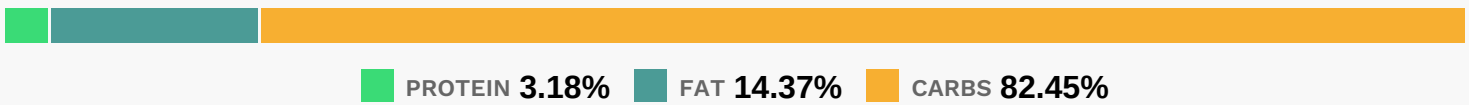
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ pie form

Directions

- ☐ Preheat oven to 350 with a rack in lowest position. Working in 2 batches, pulse apples in a food processor into pea-size pieces.
- ☐ Transfer to a large mixing bowl. Put cherries, cranberries, and raisins in food processor and whirl just until fruit starts to break up.
- ☐ Combine with apples.
- ☐ Stir in currants, spices, salt, zests, sugars, cornstarch, and rum.
- ☐ Pour mixture into prepared pie pan and spread level.
- ☐ Lay 1 dough strip horizontally on top edge of pie. Then lay 1 strip vertically on left edge of pie, with the strips meeting at the corner.

- ☐
- Lay strip 3 of dough 1/2 in. below and parallel to first strip. Then lay strip 4 of dough 1/2 in. to the right and parallel to strip Continue, working from top to bottom and left to right, until lattice is complete. Trim excess dough flush with pan edge, then use floured hands to press edge of pie and seal strips to bottom edge.
- ☐
- Bake pie until golden brown and bubbling, 1 1/2 hours (you may need to put a drip pan under pie for last 30 minutes).
- ☐
- Let cool to room temperature to serve.
- ☐
- Make ahead: Prepare filling and chill up to 1 day. Bring to room temperature while rolling out dough, then bake as directed.

Nutrition Facts



Properties

Glycemic Index:28.96, Glycemic Load:16.74, Inflammation Score:-4, Nutrition Score:6.7447825722072%

Flavonoids

Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 379.96kcal (19%), Fat: 6.04g (9.29%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 77.93g (25.98%), Net Carbohydrates: 71.28g (25.92%), Sugar: 49.92g (55.46%), Cholesterol: 0mg (0%), Sodium: 197.42mg (8.58%), Alcohol: 3.34g (100%), Alcohol %: 1.77% (100%), Protein: 3g (6.01%), Fiber: 6.66g (26.63%), Manganese: 0.36mg (17.81%), Vitamin C: 10.08mg (12.22%), Potassium: 397.38mg (11.35%), Iron: 1.52mg (8.46%), Copper: 0.15mg (7.53%), Vitamin B6: 0.15mg (7.45%), Vitamin B1: 0.11mg (7.34%), Vitamin B2: 0.12mg (7.16%), Vitamin A: 332.15IU (6.64%), Vitamin K: 6.08µg (5.79%), Phosphorus: 57.49mg (5.75%), Vitamin B3: 1.1mg (5.5%), Folate: 21.31µg (5.33%), Magnesium: 21.26mg (5.31%), Calcium: 48.04mg (4.8%), Vitamin E: 0.54mg (3.62%), Selenium: 1.68µg (2.39%), Vitamin B5: 0.24mg (2.35%), Zinc: 0.25mg (1.7%)