



WHATSheATE



Apple Cranberry Currant Crumble Pie



Vegetarian



Popular

READY IN



200 min.

SERVINGS



8

CALORIES



370 kcal

DESSERT

Ingredients

- ☐ 0.8 cup flour
- ☐ 0.5 cup brown sugar dark light packed (or)
- ☐ 6 Tbsp butter
- ☐ 2.3 pounds granny smith apples peeled sliced
- ☐ 2 teaspoons apple cider vinegar
- ☐ 0.3 cup brandy
- ☐ 0.3 cup currants dried
- ☐ 1 cup cranberries fresh frozen thawed rinsed drained

- ☐ 0.8 cup granulated sugar
- ☐ 4 Tbsp flour all-purpose
- ☐ 1 Tbsp orange zest finely grated
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 teaspoon salt
- ☐ 9 inch pie shell sour frozen (I recommend our super easy, super flaky, cream pastry crust)

Equipment

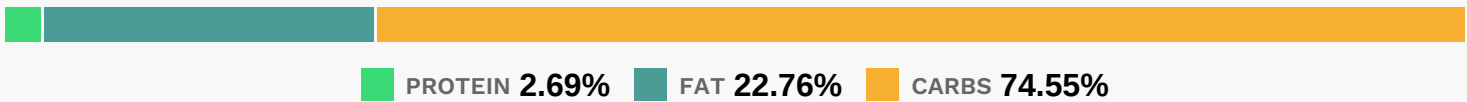
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Peel and slice the apples: Peel and slice the apples.
- ☐ Put the slices into a bowl and sprinkle them with lemon juice (or apple cider vinegar) as you work to make them a little more tart (it will intensify their flavor) and keep them from discoloring as you work.
- ☐ Add the cranberries to the bowl.
- ☐ Soak the currants in brandy:
- ☐ Place the brandy and the currants in a small bowl.
- ☐ Let sit for at least an hour, until currants are plump. While the currants are soaking in the brandy, peel and slice the apples.
- ☐ Make streusel topping:
- ☐ Mix together 1 cup of flour and 2/3 cup of brown sugar in a bowl.
- ☐ Add the butter, cutting it in either with your fingers or a pastry blender until the mixture forms small lumps.
- ☐ Preheat oven to 375°F.

- ☐ Toss apple slices with sugar, flour, zest, spices, brandy, currants: In a separate large bowl mix 1 cup white sugar with 6 Tbsp flour, orange zest, cinnamon, nutmeg, and salt.
- ☐ Add the apples and cranberries to the sugar mixture and toss to coat.
- ☐ Add the currants and brandy to the mixture.
- ☐ Put apple filling into pie shell, top with streusel topping: Heap filling into unbaked pie pastry.
- ☐ Sprinkle topping over the filling. Set pie on a baking sheet to catch the juices.
- ☐ Bake:
- ☐ Bake on bottom rack until juices bubble, 55 to 65 minutes. If pie browns too quickly, cover loosely with foil.
- ☐ Set pie on rack, uncovered, to cool for 2 to 3 hours.

Nutrition Facts



Properties

Glycemic Index:67.51, Glycemic Load:28.14, Inflammation Score:-4, Nutrition Score:5.9986956145452%

Flavonoids

Cyanidin: 7.81mg, Cyanidin: 7.81mg, Cyanidin: 7.81mg, Cyanidin: 7.81mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.17mg, Peonidin: 6.17mg, Peonidin: 6.17mg, Peonidin: 6.17mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 10.15mg, Epicatechin: 10.15mg, Epicatechin: 10.15mg, Epicatechin: 10.15mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

Nutrients (% of daily need)

Calories: 369.57kcal (18.48%), Fat: 9.28g (14.27%), Saturated Fat: 5.59g (34.93%), Carbohydrates: 68.36g (22.79%), Net Carbohydrates: 64.03g (23.28%), Sugar: 48.72g (54.14%), Cholesterol: 22.9mg (7.63%), Sodium: 162.94mg (7.08%), Alcohol: 2.51g (100%), Alcohol %: 1.47% (100%), Protein: 2.47g (4.94%), Fiber: 4.33g (17.34%), Manganese: 0.27mg (13.34%), Vitamin B1: 0.17mg (11.29%), Vitamin C: 8.86mg (10.73%), Selenium: 6.35µg (9.07%), Folate:

35.94µg (8.98%), Vitamin B2: 0.14mg (8.03%), Vitamin A: 349.37IU (6.99%), Iron: 1.21mg (6.71%), Potassium: 224.67mg (6.42%), Vitamin B3: 1.26mg (6.3%), Copper: 0.09mg (4.55%), Vitamin E: 0.66mg (4.42%), Vitamin B6: 0.09mg (4.4%), Vitamin K: 4.48µg (4.27%), Phosphorus: 42.52mg (4.25%), Magnesium: 14.39mg (3.6%), Calcium: 32.06mg (3.21%), Vitamin B5: 0.23mg (2.27%), Zinc: 0.23mg (1.5%)