

Apple Cranberry Pie



Vegetarian



Vegan



Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



196 kcal

DESSERT

Ingredients

- ☐ 2.3 pounds pippin apples cored peeled thinly sliced
- ☐ 1.5 tablespoons brandy
- ☐ 1 cup cranberries dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup sugar white

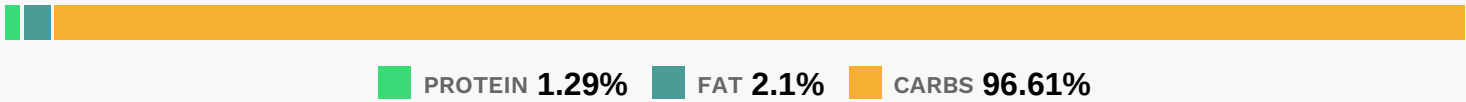
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ pie form

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C.) Position oven rack in the bottom third of the oven.
- ☐ In a medium bowl, toss together the dried cranberries, sugar, flour and allspice.
- ☐ Mix in the apples, brandy and vanilla.
- ☐ Place bottom crust into a 9 inch round pie pan so that it hangs 1 inch over the edges.
- ☐ Pour filling into the crust and cover with top crust. Seal and flute the edges.
- ☐ Cut slits in the top using a small knife.
- ☐ Bake in the preheated oven for 60 to 65 minutes, or until apples are tender and crust is golden.

Nutrition Facts



Properties

Glycemic Index:25.89, Glycemic Load:17.85, Inflammation Score:-2, Nutrition Score:2.9556521695593%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 9.61mg, Epicatechin: 9.61mg, Epicatechin: 9.61mg, Epicatechin: 9.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 195.67kcal (9.78%), Fat: 0.47g (0.73%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 49.05g (16.35%), Net Carbohydrates: 45.08g (16.39%), Sugar: 40.97g (45.52%), Cholesterol: 0mg (0%), Sodium: 2.43mg (0.11%), Alcohol: 1.11g (100%), Alcohol %: 0.85% (100%), Protein: 0.66g (1.31%), Fiber: 3.97g (15.87%), Vitamin C: 5.95mg (7.21%), Manganese: 0.11mg (5.5%), Potassium: 149.37mg (4.27%), Vitamin K: 3.97µg (3.78%), Vitamin E: 0.55mg (3.66%), Vitamin B2: 0.06mg (3.24%), Vitamin B1: 0.05mg (3.07%), Vitamin B6: 0.06mg (2.99%), Copper: 0.05mg (2.54%), Folate: 9.02µg (2.25%), Iron: 0.36mg (2.01%), Magnesium: 7.83mg (1.96%), Phosphorus: 18.57mg (1.86%), Vitamin B3: 0.37mg (1.86%), Selenium: 1.15µg (1.64%), Vitamin A: 69.56IU (1.39%), Vitamin B5: 0.12mg (1.23%), Calcium: 10.49mg (1.05%)