



Apple-Cranberry Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



610 kcal

DESSERT

Ingredients

- ☐ 1.5 cups cranberries fresh
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 medium size granny smith apples peeled sliced
- ☐ 1 pinch ground cinnamon
- ☐ 0.5 cup butter
- ☐ 1.5 cups mincemeat
- ☐ 15 ounce piecrusts refrigerated

- ☐ 0.5 cup sugar divided
- ☐ 2 tablespoons sugar

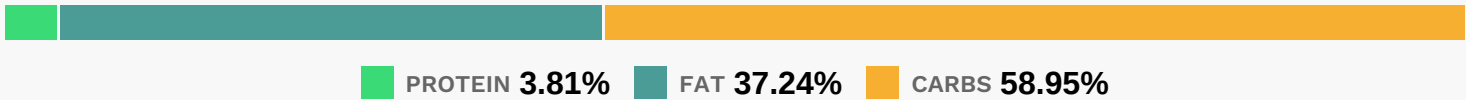
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Fit piecrust into a 9-inch pieplate according to package directions; fold edges under, and crimp.
- ☐ Bake at 450 for 5 to 8 minutes or until lightly browned; set aside.
- ☐ Toss together apple slices, 1 tablespoon flour, 2 tablespoons sugar, and cinnamon until apple slices are coated; set aside.
- ☐ Cook fresh cranberries and 1/4 cup sugar in a heavy saucepan over medium-high heat, stirring constantly, 5 minutes; drain.
- ☐ Combine remaining 1/4 cup sugar and 3/4 cup flour in a bowl; cut in butter with a pastry blender until mixture is crumbly.
- ☐ Spoon mincemeat into prepared piecrust, and top with apple mixture. Spoon cranberry mixture over apple mixture, and sprinkle with crumb mixture.
- ☐ Bake at 375 for 40 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:46.52, Glycemic Load:20.18, Inflammation Score:-5, Nutrition Score:7.522608673443%

Flavonoids

Cyanidin: 9.42mg, Cyanidin: 9.42mg, Cyanidin: 9.42mg, Cyanidin: 9.42mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.23mg, Peonidin: 9.23mg, Peonidin: 9.23mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 610.42kcal (30.52%), Fat: 25.55g (39.31%), Saturated Fat: 6.74g (42.13%), Carbohydrates: 91g (30.33%), Net Carbohydrates: 86.58g (31.48%), Sugar: 49.47g (54.97%), Cholesterol: 0mg (0%), Sodium: 587.84mg (25.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.77%), Manganese: 0.41mg (20.48%), Fiber: 4.42g (17.68%), Vitamin B1: 0.26mg (17.13%), Folate: 62.07µg (15.52%), Iron: 2.08mg (11.54%), Vitamin B3: 2.25mg (11.23%), Vitamin A: 543.91IU (10.88%), Selenium: 7.43µg (10.62%), Vitamin B2: 0.18mg (10.39%), Vitamin E: 1.02mg (6.81%), Phosphorus: 62.29mg (6.23%), Vitamin C: 4.75mg (5.75%), Vitamin K: 5.86µg (5.59%), Copper: 0.08mg (4.1%), Potassium: 135.16mg (3.86%), Vitamin B5: 0.37mg (3.66%), Magnesium: 14.6mg (3.65%), Vitamin B6: 0.06mg (3.14%), Zinc: 0.36mg (2.43%), Calcium: 20.89mg (2.09%)