



Apple-Cranberry Pie

READY IN



75 min.

SERVINGS



15

CALORIES



168 kcal

DESSERT

Ingredients

- 1.5 cups cranberries
- 8 oz philadelphia cream cheese softened
- 1 eggs
- 0.3 tsp ground cinnamon
- 1 ready-to-use pie crust refrigerated
- 1 lb golden delicious apples
- 0.8 cup sugar divided
- 0.5 tsp vanilla
- 0.5 cup water

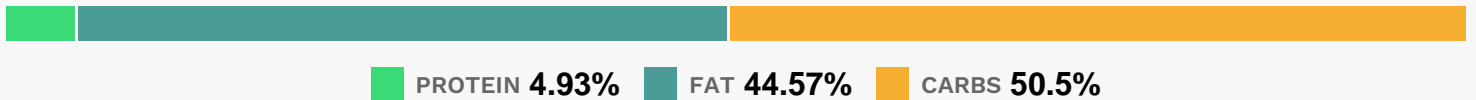
Equipment

- bowl
- sauce pan
- oven
- blender
- cutting board

Directions

- Bring cranberries, water and 6 Tbsp. sugar to boil in small saucepan on medium-high heat; simmer on low heat 8 to 10 min. or until slightly thickened, stirring occasionally. Cool slightly.
- Heat oven to 425F.
- Place pie crust in 9-inch pie plate, pleating edge as necessary to fit. Beat cream cheese, 1/4 cup of the remaining sugar, egg and vanilla in bowl with mixer until blended; spread onto bottom of crust. Cover with cranberry sauce.
- Peel apples; cut in half.
- Remove and discard cores.
- Place apples, cut sides down, on cutting board; cut into thin slices, being careful to not cut all the way through apple to keep all slices for each apple half intact. Arrange over cranberry sauce.
- Combine cinnamon and remaining 2 Tbsp. sugar; sprinkle over apples.
- Bake 28 to 30 min. or until apples are tender and edge of crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:11.94, Glycemic Load:8.69, Inflammation Score:-2, Nutrition Score:2.6204348076945%

Flavonoids

Cyanidin: 5.12mg, Cyanidin: 5.12mg, Cyanidin: 5.12mg, Cyanidin: 5.12mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 168.24kcal (8.41%), Fat: 8.53g (13.13%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 20.36g (7.4%), Sugar: 14.15g (15.72%), Cholesterol: 26.18mg (8.73%), Sodium: 99.01mg (4.3%), Alcohol: 0.05g (100%), Alcohol %: 0.07% (100%), Protein: 2.12g (4.25%), Fiber: 1.39g (5.57%), Manganese: 0.11mg (5.37%), Vitamin A: 241.47IU (4.83%), Vitamin B2: 0.08mg (4.67%), Selenium: 2.92µg (4.17%), Phosphorus: 34.61mg (3.46%), Vitamin C: 2.79mg (3.39%), Folate: 11.68µg (2.92%), Vitamin B1: 0.04mg (2.81%), Vitamin E: 0.4mg (2.67%), Iron: 0.43mg (2.39%), Vitamin B5: 0.23mg (2.25%), Vitamin K: 2.33µg (2.22%), Calcium: 21.86mg (2.19%), Potassium: 75.95mg (2.17%), Vitamin B6: 0.04mg (1.87%), Vitamin B3: 0.36mg (1.8%), Copper: 0.03mg (1.47%), Magnesium: 5.65mg (1.41%), Zinc: 0.19mg (1.26%)