



Apple Cranberry Raspberry Pie

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



367 kcal

DESSERT

Ingredients

- 0.3 tsp almond extract
- 2 cups cranberries fresh coarsely chopped
- 1 large eggs
- 3 cups granny smith apples cored peeled chopped (3 medium)
- 0.5 tsp ground cinnamon
- 8 servings pie crust double crust classic crisco®
- 3 tbsps quick-cooking tapioca
- 10 oz pack raspberries frozen dry thawed

- 0.3 tsp salt
- 1.5 cups sugar
- 8 servings sugar
- 1 tbsp water

Equipment

- bowl
- oven
- aluminum foil

Directions

- PREPARE recipe for double crust pie.
- Roll out dough for bottom crust.
- Place in 9-inch pie plate. Press to fit without stretching dough. Trim even with pie plate. Do not bake. HEAT oven to 375 degrees F.
- COMBINE apples, cranberries and raspberries in large bowl.
- Mix sugar, tapioca, cinnamon, salt and almond extract in small bowl.
- Add to fruit mixture; toss well. Spoon filling into unbaked crust.
- ROLL out dough for top crust.
- Place onto filled pie. Trim 1/2-inch beyond edge. Fold top crust under bottom crust edge to seal. Crimp and flute edges.
- Cut slits in top crust or prick with fork to allow steam to escape.
- BEAT egg with 1 tablespoon water.
- Brush on surface of pie.
- Sprinkle with sugar. Cover edge with foil to prevent over-browning.
- Bake 25 minutes.
- Remove foil.
- Bake an additional 25 to 35 minutes or until filling in center is bubbly.
- Serve warm.

Nutrition Facts

PROTEIN 2.91% FAT 15.7% CARBS 81.39%

Properties

Glycemic Index:31.02, Glycemic Load:37.71, Inflammation Score:-3, Nutrition Score:6.1108696771705%

Flavonoids

Cyanidin: 28.56mg, Cyanidin: 28.56mg, Cyanidin: 28.56mg, Cyanidin: 28.56mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 2.39mg, Delphinidin: 2.39mg, Delphinidin: 2.39mg, Delphinidin: 2.39mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Peonidin: 12.34mg, Peonidin: 12.34mg, Peonidin: 12.34mg, Peonidin: 12.34mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 5.87mg, Epicatechin: 5.87mg, Epicatechin: 5.87mg, Epicatechin: 5.87mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 367.32kcal (18.37%), Fat: 6.64g (10.21%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 77.4g (25.8%), Net Carbohydrates: 72.46g (26.35%), Sugar: 56.95g (63.28%), Cholesterol: 23.25mg (7.75%), Sodium: 170.4mg (7.41%), Alcohol: 0.05g (100%), Alcohol %: 0.03% (100%), Protein: 2.77g (5.53%), Manganese: 0.47mg (23.52%), Fiber: 4.95g (19.78%), Vitamin C: 14.95mg (18.12%), Folate: 26.92µg (6.73%), Vitamin K: 6.67µg (6.35%), Vitamin B2: 0.1mg (6.17%), Vitamin E: 0.89mg (5.93%), Iron: 1.06mg (5.88%), Vitamin B1: 0.08mg (5.55%), Selenium: 3.53µg (5.04%), Phosphorus: 45.97mg (4.6%), Potassium: 154.8mg (4.42%), Vitamin B3: 0.86mg (4.3%), Copper: 0.08mg (4.17%), Vitamin B5: 0.4mg (4.01%), Magnesium: 15.71mg (3.93%), Vitamin B6: 0.07mg (3.72%), Zinc: 0.37mg (2.5%), Calcium: 23.45mg (2.34%), Vitamin A: 86.45IU (1.73%)