



Apple, Pear and Cranberry Pie

READY IN



100 min.

SERVINGS



8

CALORIES



545 kcal

DESSERT

Ingredients

- 14.1 oz pie crust dough refrigerated softened (2 Count)
- 0.8 cup sugar
- 2 tablespoons cornstarch
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 3 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled thinly sliced
- 3 cups pears ripe peeled thinly sliced
- 0.5 cup cranberries dried sweetened

- 0.5 cup flour all-purpose
- 0.3 cup brown sugar packed
- 0.3 cup butter cold
- 0.5 cup walnut pieces coarsely chopped

Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 400°F.
- Place pie crust in 9-inch glass pie plate as directed on box for One-Crust Filled Pie.
- In large bowl, mix sugar, cornstarch, cinnamon and nutmeg. Gently stir in apples, pears and dried cranberries.
- Pour filling into crust-lined pie plate.
- In small bowl, mix topping ingredients until crumbly; sprinkle over filling.
- Line 15x10-inch pan with foil; place on oven rack below the rack pie will be baked on to catch any spillover. Loosely cover pie with sheet of foil; bake 1 hour. Uncover; bake 10 minutes longer or until apples are tender and topping is golden brown.

Nutrition Facts



PROTEIN 3.88% **FAT 38.52%** **CARBS 57.6%**

Properties

Glycemic Index:44.86, Glycemic Load:21.93, Inflammation Score:-4, Nutrition Score:8.8078260091336%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 5.8mg, Epicatechin: 5.8mg, Epicatechin: 5.8mg, Epicatechin: 5.8mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 544.8kcal (27.24%), Fat: 23.98g (36.89%), Saturated Fat: 8.25g (51.56%), Carbohydrates: 80.69g (26.9%), Net Carbohydrates: 75.16g (27.33%), Sugar: 41.9g (46.56%), Cholesterol: 15.25mg (5.08%), Sodium: 254.07mg (11.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Manganese: 0.64mg (32.14%), Fiber: 5.52g (22.1%), Vitamin B1: 0.24mg (16.05%), Folate: 62.46µg (15.62%), Iron: 2.16mg (12.01%), Copper: 0.24mg (11.98%), Vitamin B3: 2.09mg (10.45%), Vitamin B2: 0.17mg (10.04%), Selenium: 6.29µg (8.99%), Phosphorus: 85.39mg (8.54%), Vitamin K: 8.71µg (8.29%), Magnesium: 28.84mg (7.21%), Potassium: 225.77mg (6.45%), Vitamin C: 4.88mg (5.91%), Vitamin B6: 0.11mg (5.55%), Vitamin E: 0.77mg (5.15%), Vitamin A: 220.51IU (4.41%), Zinc: 0.61mg (4.07%), Vitamin B5: 0.37mg (3.71%), Calcium: 37.13mg (3.71%)