



## Apple, Pear and Cranberry Pie

READY IN



100 min.

SERVINGS



8

CALORIES



414 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter cold
- 2 tablespoons cornstarch
- 0.5 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 3 cups pears ripe peeled thinly sliced
- 1 pie crust dough refrigerated softened
- 0.8 cup sugar

- 0.5 cup cranberries dried sweetened
- 3 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled thinly sliced
- 0.5 cup walnut pieces coarsely chopped

## Equipment

- bowl
- frying pan
- oven
- aluminum foil

## Directions

- Heat oven to 400F.
- 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 3.41%** **FAT 34.52%** **CARBS 62.07%**

## Properties

Glycemic Index:44.86, Glycemic Load:21.93, Inflammation Score:-4, Nutrition Score:6.8969565351372%

## 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,

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## Nutrients (% of daily need)

Calories: 413.56kcal (20.68%), Fat: 16.49g (25.37%), Saturated Fat: 5.91g (36.92%), Carbohydrates: 66.73g (22.24%), Net Carbohydrates: 61.92g (22.52%), Sugar: 41.9g (46.56%), Cholesterol: 15.25mg (5.08%), Sodium: 136.62mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Manganese: 0.52mg (25.79%), Fiber: 4.81g (19.23%), Copper: 0.22mg (10.9%), Vitamin B1: 0.16mg (10.78%), Folate: 42.36µg (10.59%), Iron: 1.42mg (7.87%), Vitamin B2: 0.12mg (7.17%), Selenium: 4.66µg (6.65%), Vitamin B3: 1.31mg (6.57%), Phosphorus: 64.71mg (6.47%), Vitamin K: 6.61µg (6.3%), Magnesium: 24.53mg (6.13%), Vitamin C: 4.88mg (5.91%), Potassium: 197.92mg (5.65%), Vitamin B6: 0.1mg (4.83%), Vitamin A: 220.22IU (4.4%), Vitamin E: 0.64mg (4.27%), Zinc: 0.48mg (3.21%), Calcium: 31.67mg (3.17%), Vitamin B5: 0.25mg (2.54%)