



Apple-Pear Streusel Pie

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



207 kcal

DESSERT

Ingredients

- 3 cups apples peeled thinly sliced
- 0.8 cup firmly brown sugar divided packed
- 0.3 cup butter cold cut into pieces ()
- 0.5 cup flour
- 0.8 tsp ground cinnamon
- 2 Tbsp minute tapioca
- 3 cups pears peeled thinly sliced
- 15 oz ready-to-use pie crusts refrigerated (1 crust)

0.5 cup planters walnut pieces chopped

Equipment

bowl

oven

Directions

Preheat oven to 400F. Toss apples and pears with 1/2 cup of the brown sugar, tapioca and cinnamon in large bowl.

Let stand 15 minutes.

Mix flour and remaining 1/4 cup brown sugar in medium bowl.

Cut in butter until mixture resembles coarse crumbs. Stir in walnuts; set aside.

Prepare pie crust in 9-inch pie plate as directed on package. Fill with fruit mixture; top with crumb mixture.

Bake 45 to 50 minutes or until juices form bubbles that burst slowly. Cool.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:3.53, Inflammation Score:-2, Nutrition Score:3.5739130424741%

Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 207.18kcal (10.36%), Fat: 9.83g (15.13%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 26.52g (9.64%), Sugar: 12.39g (13.77%), Cholesterol: 0mg (0%), Sodium: 116.59mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Manganese: 0.26mg (12.78%), Fiber: 2.06g (8.25%), Vitamin B1: 0.1mg (6.62%), Folate: 25.84µg (6.46%), Iron: 0.92mg (5.09%), Copper: 0.1mg (4.8%), Vitamin B3: 0.86mg (4.29%), Vitamin B2: 0.07mg (4.01%), Selenium: 2.54µg (3.63%), Phosphorus: 34.81mg (3.48%), Magnesium: 12.01mg (3%), Vitamin K: 3.15µg (3%), Potassium: 97.53mg (2.79%), Vitamin A: 118.75IU (2.37%), Vitamin C: 1.95mg (2.36%), Vitamin B6: 0.05mg (2.31%), Calcium: 19.35mg (1.93%), Vitamin E: 0.27mg (1.82%), Zinc: 0.24mg (1.63%), Vitamin B5: 0.15mg (1.53%)