



Apple-Raspberry Pie

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



265 kcal

DESSERT

Ingredients

- 1 teaspoon cinnamon
- 1 large eggs lightly beaten
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest
- 1 all you classic pie crust
- 3 tablespoons quick-cooking tapioca
- 2 cups raspberries unsweetened frozen dry thawed
- 8 cups to 5 golden delicious apples cored peeled sliced

- 0.5 cup sugar
- 2 tablespoons sugar
- 1 teaspoon vanilla extract

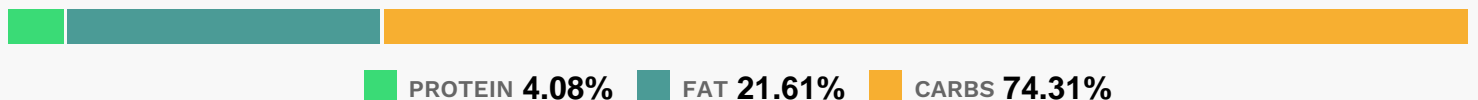
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Make pastry as directed, pulsing in 2 Tbsp. sugar with flour and salt. Form dough into 2 disks. Wrap in plastic; chill for at least 1 hour.
- Preheat oven to 400F; place rack in bottom third of oven. Line a baking sheet with foil. Make filling: In a bowl, toss together apples, raspberries, lemon zest and juice, tapioca, vanilla, cinnamon and 1/2 cup sugar.
- Roll out each dough disk into 12-inch circle.
- Transfer 1 to a 9-inch pie plate. Trim edges. Spoon in filling.
- Place second disk over filling. Trim edges, leaving a 1-inch overhang. Fold top edges under; crimp to seal.
- Cut vents in top. Lightly brush crust with beaten egg; sprinkle with 2 Tbsp. sugar.
- Place on baking sheet; bake until filling bubbles and crust is golden, about 1 hour.
- Let cool before serving.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:15.81, Inflammation Score:-3, Nutrition Score:6.2321738885797%

Flavonoids

Cyanidin: 15.69mg, Cyanidin: 15.69mg, Cyanidin: 15.69mg, Cyanidin: 15.69mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 10.47mg, Epicatechin: 10.47mg, Epicatechin: 10.47mg, Epicatechin: 10.47mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 264.93kcal (13.25%), Fat: 6.6g (10.16%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 51.09g (17.03%), Net Carbohydrates: 45.44g (16.52%), Sugar: 29.99g (33.32%), Cholesterol: 23.25mg (7.75%), Sodium: 97.61mg (4.24%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 2.81g (5.62%), Fiber: 5.65g (22.61%), Manganese: 0.39mg (19.32%), Vitamin C: 15.39mg (18.66%), Folate: 28.66µg (7.16%), Vitamin B2: 0.11mg (6.64%), Vitamin K: 6.74µg (6.42%), Vitamin B1: 0.09mg (6.2%), Potassium: 214.68mg (6.13%), Iron: 1.05mg (5.85%), Phosphorus: 50.65mg (5.06%), Selenium: 3.3µg (4.71%), Vitamin B6: 0.09mg (4.58%), Vitamin E: 0.66mg (4.41%), Vitamin B3: 0.88mg (4.41%), Magnesium: 17.26mg (4.32%), Copper: 0.08mg (4.22%), Vitamin B5: 0.36mg (3.64%), Calcium: 25.81mg (2.58%), Zinc: 0.36mg (2.41%), Vitamin A: 112.45IU (2.25%)