Apple-Raspberry Pie

Dairy Free

READY IN	SERVINGS	CALORIES
140 min.	6	414 kcal

DESSERT

Ingredients

- [ ] 5 cups apples peeled sliced (3 large)
- [ ] 1 tablespoon butter cold cut into small pieces
- [ ] 0.3 cup cornstarch
- [ ] 1 teaspoon orange zest grated
- [ ] 6 oz raspberries fresh (1 cup)
- [ ] 1 box pie crust dough refrigerated softened pillsbury®
- [ ] 1 teaspoon sugar

Equipment

- [ ] bowl
- [ ] oven
- [ ] aluminum foil

Directions

- [ ] Heat oven to 400°F. Make pie crusts as directed on box for Two-Crust Pie using 9-inch glass pie plate.
- [ ] In large bowl, toss apples, 3/4 cup sugar, the cornstarch and orange peel. Spoon half of apple mixture into crust-lined pie plate.
- [ ] Sprinkle evenly with raspberries. Top with remaining apple mixture. Dot with butter. Top with second crust; seal edges and flute.
- [ ] Lightly brush crust with water; sprinkle with 1 teaspoon sugar.
- [ ] Cut slits in several places in top crust. Cover crust edge with strips of foil to prevent excessive browning.
- [ ] Place pie on middle oven rack; place sheet of foil on rack below pie in case of spillover.
- [ ] Bake 45 to 55 minutes or until deep golden brown, removing foil during last 15 minutes of baking. Cool at least 1 hour before serving.

Nutrition Facts

PROTEIN **4.54%** FAT **42.17%** CARBS **53.29%**

Properties

Glycemic Index:21.35, Glycemic Load:4.66, Inflammation Score:-4, Nutrition Score:8.118260955357%

Flavonoids

Cyanidin: 14.61mg, Cyanidin: 14.61mg, Cyanidin: 14.61mg, Cyanidin: 14.61mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 8.84mg, Epicatechin: 8.84mg, Epicatechin: 8.84mg, Epicatechin: 8.84mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-

gallate: 0.35mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 413.56kcal (20.68%), Fat: 19.63g (30.19%), Saturated Fat: 5.86g (36.65%), Carbohydrates: 55.8g (18.6%), Net Carbohydrates: 49.71g (18.07%), Sugar: 12.75g (14.17%), Cholesterol: 0mg (0%), Sodium: 296.49mg (12.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Manganese: 0.52mg (26.2%), Fiber: 6.09g (24.37%), Vitamin C: 12.68mg (15.37%), Vitamin B1: 0.21mg (14.05%), Folate: 55.87µg (13.97%), Iron: 2.08mg (11.57%), Vitamin B3: 2.07mg (10.34%), Vitamin B2: 0.15mg (8.97%), Vitamin K: 9.37µg (8.92%), Phosphorus: 68.98mg (6.9%), Potassium: 220.79mg (6.31%), Selenium: 4.01µg (5.73%), Magnesium: 21.75mg (5.44%), Vitamin E: 0.81mg (5.43%), Copper: 0.11mg (5.33%), Vitamin B6: 0.09mg (4.62%), Vitamin B5: 0.43mg (4.3%), Zinc: 0.46mg (3.1%), Vitamin A: 151.14IU (3.02%), Calcium: 27.35mg (2.74%)