



Bar Harbor Cranberry Pie

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



434 kcal

DESSERT

Ingredients

- 2 cups cranberries
- 2 eggs beaten
- 1 cup flour all-purpose
- 0.5 cup butter melted
- 0.5 cup pecans chopped
- 0.3 cup shortening melted
- 1.5 cups sugar white divided

Equipment

bowl

oven

Directions

Preheat the oven to 325 degrees F (165 degrees C). Butter a 9 inch glass pie plate.

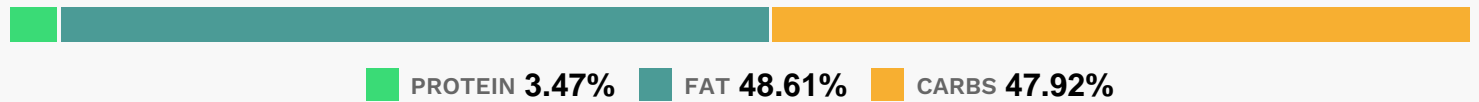
Spread cranberries over the bottom of the buttered pie plate.

Sprinkle 1/2 cup of sugar and pecans over the berries. In a medium bowl, mix together the eggs and remaining sugar until well blended. Stir in flour, margarine and shortening, beating well after each addition.

Pour over the cranberries.

Bake for 1 hour in the preheated oven, until the filling is set, and the top is lightly browned.

Nutrition Facts



Properties

Glycemic Index:25.01, Glycemic Load:35.78, Inflammation Score:-5, Nutrition Score:6.6608695517416%

Flavonoids

Cyanidin: 12.34mg, Cyanidin: 12.34mg, Cyanidin: 12.34mg, Cyanidin: 12.34mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 434.19kcal (21.71%), Fat: 24.08g (37.05%), Saturated Fat: 4.76g (29.77%), Carbohydrates: 53.43g (17.81%), Net Carbohydrates: 51.45g (18.71%), Sugar: 38.85g (43.16%), Cholesterol: 40.92mg (13.64%), Sodium: 150.85mg (6.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.73%), Manganese: 0.51mg (25.39%), Selenium: 9.18µg (13.12%), Vitamin B1: 0.18mg (11.85%), Vitamin A: 585.7IU (11.71%), Vitamin E: 1.38mg (9.22%), Vitamin B2: 0.15mg (9.04%), Folate: 35.65µg (8.91%), Fiber: 1.98g (7.9%), Iron: 1.17mg (6.5%), Copper: 0.13mg (6.44%),

Phosphorus: 63.54mg (6.35%), Vitamin B3: 1.04mg (5.19%), Vitamin K: 4.98µg (4.74%), Vitamin C: 3.6mg (4.37%),
Vitamin B5: 0.43mg (4.25%), Zinc: 0.59mg (3.91%), Magnesium: 14.93mg (3.73%), Vitamin B6: 0.06mg (2.77%),
Potassium: 86.54mg (2.47%), Calcium: 19.97mg (2%), Vitamin B12: 0.11µg (1.87%), Vitamin D: 0.22µg (1.47%)