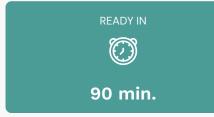
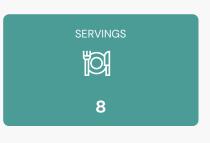


Berry Best Pear Pie

airy Free







DESSERT

Ingredients

2 cups flour all-purpose
0.5 teaspoon salt
0.7 cup shortening

4 tablespoons water cold

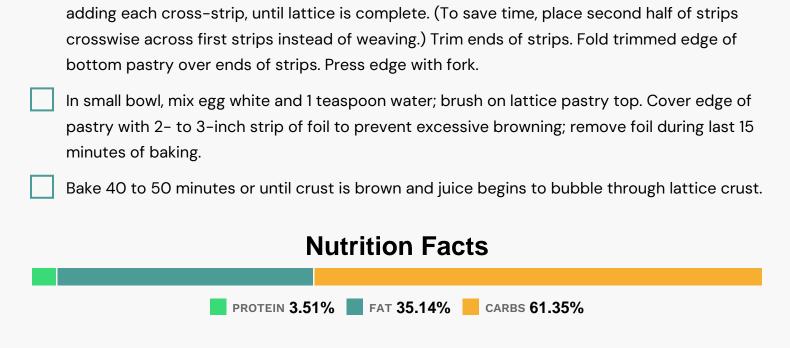
1.5 cups sugar

O.3 cup flour all-purpose

1 teaspoon ground cinnamon

4 cups pears peeled sliced (5 medium)

	2 cups cranberries fresh thawed ()
	2 tablespoons butter
	1 egg whites
	1 teaspoon water
Eq	uipment
	bowl
	oven
	blender
	aluminum foil
	rolling pin
Dii	rections
	Heat oven to 425°F. In medium bowl, mix 2 cups flour and the salt.
	Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
	Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
	Gather pastry into a ball; divide pastry in half. On lightly floured surface, shape each half into flattened round.
	Roll one round of pastry, using floured rolling pin, into circle 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge 1 inch from rim of plate.
	In small bowl, mix sugar, 1/3 cup flour and the cinnamon.
	Place pears in pastry-lined pie plate.
	Sprinkle sugar mixture over pears. Top with cranberries.
	Cut butter into small pieces; sprinkle over filling.
	Roll other round of pastry; cut into strips about 1/2 inch wide. To make lattice top, place about 7 strips across filling in pie plate. Weave a cross-strip through center by first folding back every other strip of the first 7 strips. Continue weaving, folding back alternate strips before



Properties

Glycemic Index:38.36, Glycemic Load:50.83, Inflammation Score:-4, Nutrition Score:8.726521672762%

Flavonoids

Cyanidin: 13.27mg, Cyanidin: 13.27mg, Cyanidin: 13.27mg, Cyanidin: 13.27mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 0.01mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Catechin: 0.31mg, Catechin: 0.31mg,

Nutrients (% of daily need)

Calories: 513.22kcal (25.66%), Fat: 20.53g (31.59%), Saturated Fat: 4.93g (30.83%), Carbohydrates: 80.67g (26.89%), Net Carbohydrates: 76.16g (27.69%), Sugar: 46.47g (51.64%), Cholesterol: Omg (0%), Sodium: 188.1mg (8.18%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.62g (9.24%), Manganese: 0.42mg (21.16%), Vitamin B1: 0.3mg (20.19%), Selenium: 13.45µg (19.21%), Folate: 72.8µg (18.2%), Fiber: 4.51g (18.05%), Vitamin B2: 0.23mg (13.59%), Vitamin K: 14.07µg (13.4%), Vitamin B3: 2.32mg (11.58%), Iron: 1.95mg (10.83%), Vitamin E: 1.61mg (10.73%), Vitamin C: 6.98mg (8.46%), Copper: 0.14mg (6.91%), Phosphorus: 53.31mg (5.33%), Potassium: 161.83mg (4.62%), Vitamin B5: 0.4mg (4%), Magnesium: 15.91mg (3.98%), Vitamin A: 161.06IU (3.22%), Vitamin B6: 0.05mg (2.74%), Zinc: 0.37mg (2.46%), Calcium: 19.41mg (1.94%)