



Berry Best Pear Pie

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



513 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 2 cups cranberries fresh thawed ()
- 1 egg whites
- 0.3 cup flour all-purpose
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 4 cups pears peeled sliced (5 medium)
- 0.5 teaspoon salt

- 0.7 cup shortening
- 1.5 cups sugar
- 1 teaspoon water
- 4 tablespoons water cold

Equipment

- bowl
- oven
- blender
- aluminum foil
- rolling pin

Directions

- Heat oven to 425F. 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

adding each cross-strip, until lattice is complete. (To save time, place second half of strips crosswise across first strips instead of weaving.) Trim ends of strips. Fold trimmed edge of bottom pastry over ends of strips. Press edge with fork.

In small bowl, mix egg white and 1 teaspoon water; brush on lattice pastry top. Cover edge of pastry with 2- to 3-inch strip of foil to prevent excessive browning; remove foil during last 15 minutes of baking.

Bake 40 to 50 minutes or until crust is brown and juice begins to bubble through lattice crust.

Nutrition Facts



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 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: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 4.12mg, Epicatechin: 4.12mg, Epicatechin: 4.12mg, Epicatechin: 4.12mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg 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: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

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: 0mg (0%), Sodium: 188.1mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (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%)