



## Concord Grape Pie II

READY IN



45 min.

SERVINGS



8

CALORIES



1353 kcal

DESSERT

### Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter
- 4.5 cups concord grapes
- 0.3 cup flour all-purpose
- 2 teaspoons juice of lemon
- 9 inch pie crust dough
- 0.5 cup oats quick
- 0.1 teaspoon salt
- 1 cup granulated sugar white

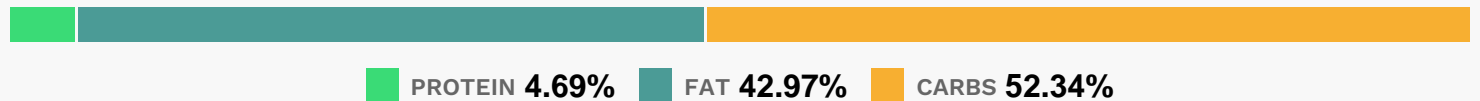
## Equipment

- sauce pan
- oven
- wire rack
- sieve
- aluminum foil

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Squeeze the end of each grape opposite the stem to separate skins from pulp. Set skins aside.
- Place pulp in a medium saucepan, bring to a boil, and cook, stirring, for 1 minute. Press through a strainer or food mill to remove seeds.
- Combine pulp, skins, sugar, flour, lemon juice and salt.
- Pour into pastry shell.
- Combine oats, brown sugar and flour; cut in butter until crumbly.
- Sprinkle over filling.
- Cover edges of pastry with foil.
- Bake at 425 degrees F (220 degrees C) for 15 minutes.
- Remove foil, and bake 20 minutes more or until golden brown. Cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:38.26, Glycemic Load:32.08, Inflammation Score:-6, Nutrition Score:20.846956572455%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 1352.73kcal (67.64%), Fat: 65.09g (100.14%), Saturated Fat: 22.14g (138.37%), Carbohydrates: 178.4g (59.47%), Net Carbohydrates: 170.99g (62.18%), Sugar: 59.03g (65.59%), Cholesterol: 15.25mg (5.08%), Sodium: 1009.2mg (43.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16g (31.99%), Manganese: 1.34mg (67.18%), Vitamin B1: 0.77mg (51.28%), Folate: 169.53µg (42.38%), Iron: 6.86mg (38.1%), Vitamin K: 36.53µg (34.79%), Vitamin B3: 6.62mg (33.08%), Vitamin B2: 0.51mg (29.9%), Fiber: 7.41g (29.63%), Selenium: 16.39µg (23.42%), Phosphorus: 218.4mg (21.84%), Copper: 0.37mg (18.53%), Magnesium: 59.06mg (14.77%), Potassium: 516.54mg (14.76%), Vitamin B6: 0.24mg (12.01%), Vitamin B5: 1.06mg (10.58%), Vitamin E: 1.49mg (9.95%), Zinc: 1.31mg (8.73%), Calcium: 72.49mg (7.25%), Vitamin C: 4.74mg (5.75%), Vitamin A: 267.43IU (5.35%)