



WHATSheATE



Cranberry-Apple Crumble Pie

READY IN



300 min.

SERVINGS



8

CALORIES



258 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 8 ounces cranberries fresh thawed (not)
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 pounds gala apple cored peeled thinly sliced (5)
- ☐ 3 tablespoons water
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 0.3 teaspoon salt

- ☐ 0.3 teaspoon salt
- ☐ 0.5 stick butter unsalted cut into 1/2-inch pieces
- ☐ 2 tablespoons shortening cold (trans-fat-free)

Equipment

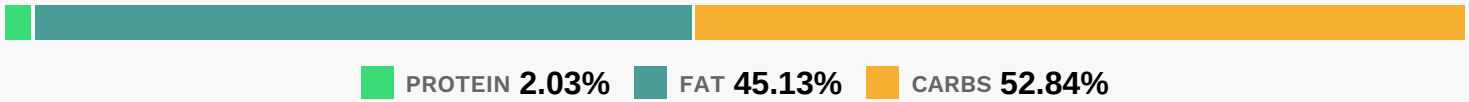
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Blend together flour, butter, shortening, and salt in a bowl with your fingertips or a pastry blender (or pulse in a food processor) just until mixture resembles coarse meal with some roughly pea-size butter lumps.
- ☐ Drizzle 3 tablespoon ice water evenly over mixture and gently stir with a fork (or pulse) until incorporated.
- ☐ Squeeze a small handful: If dough doesn't hold together, add more ice water, 1/2 tablespoon at a time, stirring until incorporated. Do not overwork dough or pastry will be tough.
- ☐ Turn out dough onto a lightly floured surface and divide into 4 portions. With heel of your hand, smear each portion once or twice in a forward motion to help distribute fat. Gather all dough together (using a pastry scraper if you have one) and form into a 5-inch disk. If dough is sticky, dust lightly with additional flour. Chill, wrapped in plastic wrap, until firm, at least 1 hour.
- ☐ Stir together flour, brown sugar, cinnamon, and salt in a bowl. Blend in butter with your fingertips until large clumps form, then stir in pecans. Chill until ready to use.
- ☐ Stir together apples, cranberries, brown sugar, flour, cinnamon, salt, and lemon juice in a large bowl.
- ☐ Preheat oven to 425°F with rack in lower third.

- ☐
- Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 13-inch round, then fit into pie plate. Trim edge, leaving a 1/2-inch overhang, then fold overhang under and crimp decoratively.
- ☐
- Transfer fruit filling to pie shell and dot with butter. Loosely cover with foil and bake until apples droop slightly, about 30 minutes.
- ☐
- Reduce oven temperature to 375°F.
- ☐
- Sprinkle crumble topping over filling and bake, uncovered, until crumble is browned, filling is bubbling, and apples are tender, 45 minutes to 1 hour more. Cool completely, 2 to 3 hours.
- ☐
- Dough can be chilled up to 3 days. •Pie can be made 1 day ahead and kept, loosely covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:6.79, Inflammation Score:-4, Nutrition Score:5.5086955978819%

Flavonoids

Cyanidin: 15.61mg, Cyanidin: 15.61mg, Cyanidin: 15.61mg, Cyanidin: 15.61mg Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.96mg, Peonidin: 13.96mg, Peonidin: 13.96mg, Peonidin: 13.96mg Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg Epicatechin: 9.83mg, Epicatechin: 9.83mg, Epicatechin: 9.83mg, Epicatechin: 9.83mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

Nutrients (% of daily need)

Calories: 257.52kcal (12.88%), Fat: 13.65g (21.01%), Saturated Fat: 4.85g (30.32%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 31.48g (11.45%), Sugar: 26.72g (29.69%), Cholesterol: 15.18mg (5.06%), Sodium: 152.2mg (6.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Manganese: 0.47mg (23.56%), Fiber:

4.49g (17.97%), Vitamin C: 11.07mg (13.42%), Vitamin E: 1.04mg (6.91%), Copper: 0.13mg (6.73%), Vitamin K: 6.37µg (6.07%), Vitamin B1: 0.09mg (5.85%), Potassium: 197.77mg (5.65%), Vitamin A: 258.85IU (5.18%), Magnesium: 17.27mg (4.32%), Vitamin B6: 0.09mg (4.26%), Phosphorus: 38.47mg (3.85%), Vitamin B2: 0.06mg (3.54%), Iron: 0.61mg (3.36%), Calcium: 28.76mg (2.88%), Folate: 11.49µg (2.87%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.39mg (2.58%), Selenium: 1.46µg (2.09%), Vitamin B3: 0.39mg (1.97%)