



Cranberry Apple Pie

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 cups cranberries frozen
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 pounds baking apples are apples that have a sweet-tart balance and hold their shape when cored peeled thinly sliced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 teaspoon orange zest grated
- ☐ 5 tablespoons pecans coarsely chopped
- ☐ 8 servings pie crust dough

☐ 1 cup apples (more or less, depending on apple sweetness)

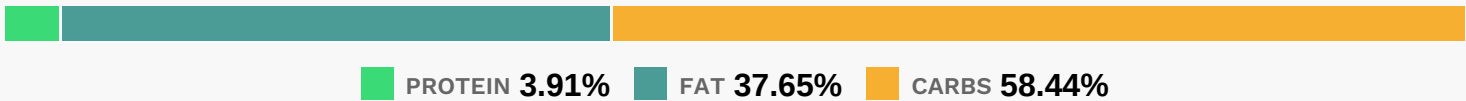
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 42
- ☐ Melt the butter in a 10-inch cast iron skillet over medium heat.
- ☐ Add the orange zest, cinnamon, and nutmeg; mix well with a wooden spoon.
- ☐ Add the apples and cranberries, stirring to combine.
- ☐ Combine sugar, pecans, and flour; add to apple mixture, stirring to combine. Spoon apple mixture into Nana Hirl's pie crust (in a 10-inch cast iron skillet), packing tightly and mounding in center.
- ☐ Roll out remaining disk to 1/8-inch thickness and gently place over filling; fold edges under and crimp, sealing to bottom crust.
- ☐ Place pie on a jelly-roll pan.
- ☐ Cut 4 or 5 slits in top of pie for steam to escape.
- ☐ Bake at 425 for 15 minutes; reduce oven temperature to 350 and bake until crust is golden, 45 to 55 minutes.
- ☐ Transfer to a wire rack and cool 1 1/2 to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:9.08, Inflammation Score:-4, Nutrition Score:7.0517391661263%

Flavonoids

Cyanidin: 12.29mg, Cyanidin: 12.29mg, Cyanidin: 12.29mg, Cyanidin: 12.29mg Delphinidin: 1.89mg, Delphinidin: 1.89mg, Delphinidin: 1.89mg, Delphinidin: 1.89mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.25mg, Peonidin: 9.25mg, Peonidin: 9.25mg, Peonidin: 9.25mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg Epicatechin: 14.86mg, Epicatechin: 14.86mg, Epicatechin: 14.86mg, Epicatechin: 14.86mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg

Nutrients (% of daily need)

Calories: 269.04kcal (13.45%), Fat: 11.85g (18.23%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 41.39g (13.8%), Net Carbohydrates: 34.96g (12.71%), Sugar: 20.39g (22.66%), Cholesterol: 3.76mg (1.25%), Sodium: 100.48mg (4.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Manganese: 0.55mg (27.53%), Fiber: 6.43g (25.73%), Vitamin C: 11.41mg (13.83%), Vitamin B1: 0.16mg (10.4%), Copper: 0.16mg (7.84%), Potassium: 264.41mg (7.55%), Folate: 27.3µg (6.83%), Vitamin K: 6.96µg (6.63%), Vitamin B2: 0.11mg (6.53%), Iron: 1.12mg (6.23%), Phosphorus: 58.8mg (5.88%), Vitamin B6: 0.11mg (5.62%), Magnesium: 22.03mg (5.51%), Vitamin E: 0.81mg (5.42%), Vitamin B3: 1.01mg (5.03%), Selenium: 2.44µg (3.49%), Zinc: 0.5mg (3.3%), Vitamin B5: 0.32mg (3.24%), Vitamin A: 159.94IU (3.2%), Calcium: 23.47mg (2.35%)