



Cranberry Apple Pie

READY IN



45 min.

SERVINGS



8

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 1.8 pounds apples peeled thinly sliced
- ☐ 3 tablespoons cornstarch
- ☐ 2 cups cranberries fresh rinsed drained
- ☐ 2 tablespoons rum dark
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 pinch nutmeg

- ☐ 8 servings pie crust dough
- ☐ 1 cup sugar
- ☐ 2 tablespoons butter unsalted cut into small pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

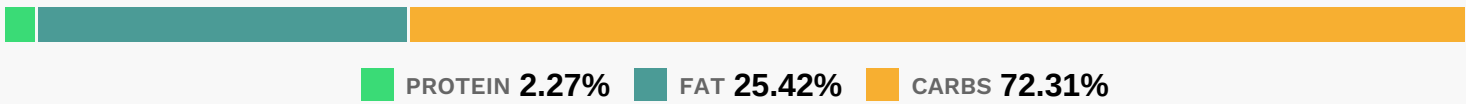
Directions

- ☐ Roll half of Easy Piecrust dough to 1/4-inch thickness on a lightly floured surface (about a 13-inch circle). Fold in half, and transfer to a 9-inch pie plate. Unfold and drape over pie plate, pressing bottom and sides into pan.
- ☐ Roll remaining dough about same thickness and size; place on a baking sheet. Chill both piecrusts in freezer 10 minutes.
- ☐ Preheat oven to 375
- ☐ Combine cranberries and next 3 ingredients in a large bowl, and toss to coat.
- ☐ Add 1 cup sugar and next 5 ingredients, and toss to coat.
- ☐ Pour mixture into chilled piecrust in pie plate; dot with butter.
- ☐ Cut chilled dough on baking sheet into 1/2-inch strips.
- ☐ Place 5 to 7 strips over filling in one direction; add remaining strips in perpendicular direction, folding back alternating strips in a crisscross fashion. Trim strips even with edges of crust; fold edges under, and crimp.
- ☐ Place pie on a foil-lined rimmed baking sheet; brush pastry with egg wash, and sprinkle with sugar, if desired.
- ☐ Bake at 375 for 1 hour to 1 hour 10 minutes or until filling is bubbling and crust is golden brown. (If top is browning too quickly, lightly shield with aluminum foil.)
- ☐ Let cool about 1 hour before slicing.

☐

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:34.73, Glycemic Load:22.38, Inflammation Score:-3, Nutrition Score:4.4560869598518%

Flavonoids

Cyanidin: 13.17mg, Cyanidin: 13.17mg, Cyanidin: 13.17mg, Cyanidin: 13.17mg 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: 12.31mg, Peonidin: 12.31mg, Peonidin: 12.31mg, Peonidin: 12.31mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 8.91mg, Epicatechin: 8.91mg, Epicatechin: 8.91mg, Epicatechin: 8.91mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 306.77kcal (15.34%), Fat: 8.73g (13.43%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 55.86g (18.62%), Net Carbohydrates: 51.82g (18.85%), Sugar: 37.09g (41.22%), Cholesterol: 7.53mg (2.51%), Sodium: 89.76mg (3.9%), Alcohol: 1.25g (100%), Alcohol %: 0.84% (100%), Protein: 1.76g (3.51%), Manganese: 0.32mg (16.2%), Fiber: 4.03g (16.14%), Vitamin C: 8.14mg (9.87%), Vitamin B1: 0.08mg (5.39%), Vitamin K: 5.33µg (5.07%), Vitamin E: 0.7mg (4.63%), Folate: 18.34µg (4.58%), Potassium: 159.03mg (4.54%), Iron: 0.82mg (4.54%), Vitamin B2: 0.07mg (4.39%), Vitamin B3: 0.71mg (3.57%), Vitamin B6: 0.07mg (3.42%), Copper: 0.06mg (3.25%), Phosphorus: 31.51mg (3.15%), Vitamin A: 157.25IU (3.15%), Magnesium: 10.86mg (2.71%), Vitamin B5: 0.23mg (2.29%), Selenium: 1.59µg (2.28%), Calcium: 16.69mg (1.67%), Zinc: 0.18mg (1.2%)