



Cranberry-Apple Pie

READY IN



180 min.

SERVINGS



12

CALORIES



323 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 1.5 cups cranberries fresh
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 2 cups flour all-purpose
- ☐ 5 tablespoons flour all-purpose
- ☐ 2.5 pounds gala apple peeled cut into 1/2-inch pieces (6)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 6 tablespoons water
- ☐ 0.7 cup maple syrup

- ☐ 1.3 teaspoons salt divided
- ☐ 2 teaspoons sugar
- ☐ 6 tablespoons shortening chilled cut into small pieces

Equipment

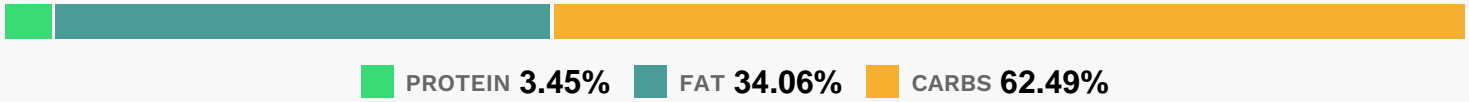
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Weigh or lightly spoon 9 ounces (2 cups) flour into dry measuring cups; level with a knife.
- ☐ Combine 9 ounces flour, 2 teaspoons sugar, and 1 teaspoon salt in a large bowl, stirring well with a whisk; cut in butter and shortening with a pastry blender or two knives until mixture resembles coarse meal. Gradually add ice water; toss with a fork until flour mixture is moist. Divide the dough into 2 equal portions. Gently press each portion into a 5-inch circle on heavy-duty plastic wrap; cover and chill 1 hour.
- ☐ Combine remaining 1/4 teaspoon salt, cranberries, and next 4 ingredients (through apples) in a large bowl, tossing gently to coat.
- ☐ Add syrup, tossing to coat.
- ☐ Slightly overlap 2 sheets of plastic wrap on a damp surface. Unwrap and place 1 portion of chilled dough on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into a 12-inch circle. Chill dough in freezer 5 minutes or until plastic wrap can be easily removed.

- ☐ Remove top sheets of plastic wrap; fit dough, plastic wrap side up, into a 9-inch pie plate coated with cooking spray.
- ☐ Remove remaining plastic wrap. Spoon apple mixture into prepared crust.
- ☐ Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap and place remaining portion of chilled dough on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into an 11-inch circle. Chill dough in freezer 5 minutes or until plastic wrap can be easily removed.
- ☐ Remove top sheets of plastic wrap; fit dough, plastic wrap side up, over apple mixture.
- ☐ Remove remaining plastic wrap. Press edges of dough together. Fold edges under, and flute.
- ☐ Cut several slits in top of dough to allow steam to escape. Chill pie in refrigerator for 10 minutes.
- ☐ Preheat oven to 42
- ☐ Place pie plate on a foil-lined baking sheet.
- ☐ Place baking sheet on bottom oven rack; bake at 425 for 25 minutes. Reduce oven temperature to 375 (do not remove pie from oven); bake an additional 45 minutes or until browned. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:22.01, Inflammation Score:-4, Nutrition Score:7.6143479016812%

Flavonoids

Cyanidin: 7.29mg, Cyanidin: 7.29mg, Cyanidin: 7.29mg, Cyanidin: 7.29mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.16mg, Peonidin: 6.16mg, Peonidin: 6.16mg, Peonidin: 6.16mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 7.66mg, Epicatechin: 7.66mg, Epicatechin: 7.66mg, Epicatechin: 7.66mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol:

0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 323.06kcal (16.15%), Fat: 12.49g (19.22%), Saturated Fat: 5.26g (32.89%), Carbohydrates: 51.57g (17.19%), Net Carbohydrates: 48.19g (17.52%), Sugar: 27.74g (30.83%), Cholesterol: 15.05mg (5.02%), Sodium: 292.88mg (12.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Manganese: 0.66mg (33.24%), Vitamin B2: 0.38mg (22.07%), Vitamin B1: 0.22mg (14.61%), Fiber: 3.39g (13.55%), Selenium: 8.28µg (11.83%), Folate: 47.08µg (11.77%), Vitamin B3: 1.54mg (7.69%), Vitamin C: 6.1mg (7.39%), Iron: 1.33mg (7.38%), Vitamin K: 6.68µg (6.37%), Vitamin E: 0.91mg (6.03%), Potassium: 187.05mg (5.34%), Vitamin A: 233.58IU (4.67%), Phosphorus: 39.6mg (3.96%), Magnesium: 15.3mg (3.82%), Calcium: 37.38mg (3.74%), Copper: 0.07mg (3.57%), Vitamin B6: 0.06mg (2.96%), Vitamin B5: 0.26mg (2.59%), Zinc: 0.35mg (2.35%)