



WHATSheATE



Cranberry-Apple-Raisin Pie



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



518 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter cut into pieces
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup cranberries fresh
- ☐ 1 large eggs
- ☐ 0.5 cup golden raisins
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup pecans toasted chopped
- ☐ 3 large golden delicious apples peeled sliced

- ☐ 15 ounce piecrusts refrigerated
- ☐ 1 cup sugar divided
- ☐ 1 tablespoon water

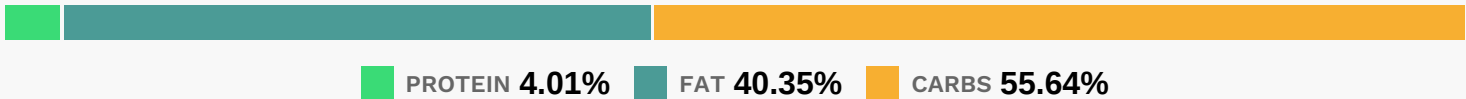
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Fit 1 piecrust into a 9-inch pieplate according to package directions; chill.
- ☐ Stir together 3/4 cup sugar, cornstarch, and cinnamon in a large bowl; add apple and next 3 ingredients, tossing well. Spoon into prepared piecrust; dot with butter.
- ☐ Unfold another piecrust, and press out fold lines; transfer to top of pie. Fold edges under, and seal by pressing with tines of a fork.
- ☐ Cut an "X" in top of crust for steam to escape.
- ☐ Unfold remaining piecrust, and press out fold lines.
- ☐ Cut with a tree-shaped cutter; arrange trees on top of pie.
- ☐ Whisk together egg and 1 tablespoon water; brush evenly over top of pie.
- ☐ Sprinkle with remaining 1/4 cup sugar.
- ☐ Bake at 400 for 20 minutes; reduce temperature to 350, and bake 40 minutes.
- ☐ Serve warm, or cool on a wire rack. (To reheat, cover loosely with aluminum foil, and bake at 350 for 20 to 25 minutes.)
- ☐ Serve with vanilla ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:27.34, Glycemic Load:24.89, Inflammation Score:-4, Nutrition Score:8.5386956696925%

Flavonoids

Cyanidin: 7.85mg, Cyanidin: 7.85mg, Cyanidin: 7.85mg, Cyanidin: 7.85mg Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg 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: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 517.77kcal (25.89%), Fat: 23.87g (36.72%), Saturated Fat: 5.87g (36.68%), Carbohydrates: 74.06g (24.69%), Net Carbohydrates: 69.1g (25.13%), Sugar: 39.84g (44.27%), Cholesterol: 23.25mg (7.75%), Sodium: 278.51mg (12.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Manganese: 0.69mg (34.56%), Fiber: 4.95g (19.81%), Vitamin B1: 0.21mg (14.04%), Folate: 44.62µg (11.15%), Iron: 2mg (11.1%), Vitamin B2: 0.18mg (10.36%), Copper: 0.19mg (9.62%), Phosphorus: 92.14mg (9.21%), Vitamin B3: 1.72mg (8.58%), Selenium: 5.5µg (7.85%), Potassium: 259.04mg (7.4%), Vitamin C: 5.98mg (7.25%), Vitamin K: 7µg (6.66%), Magnesium: 25.46mg (6.36%), Vitamin B6: 0.12mg (6.15%), Vitamin E: 0.9mg (6%), Vitamin A: 279.28IU (5.59%), Vitamin B5: 0.48mg (4.76%), Zinc: 0.71mg (4.74%), Calcium: 33.62mg (3.36%), Vitamin B12: 0.06µg (1.01%)