

Cranberry Chiffon Pie

READY IN



30 min.

SERVINGS



8

CALORIES



427 kcal

DESSERT

Ingredients

- 0.5 cup butter cold
- 0.8 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 1 cup flour all-purpose
- 1 cup heavy whipping cream
- 1 tablespoon orange zest grated
- 3 ounces strawberry gelatin
- 2 tablespoons sugar
- 0.5 cup walnut pieces finely chopped
- 0.5 cup water boiling

1 cup roasted cranberry sauce

Equipment

bowl

oven

wire rack

Directions

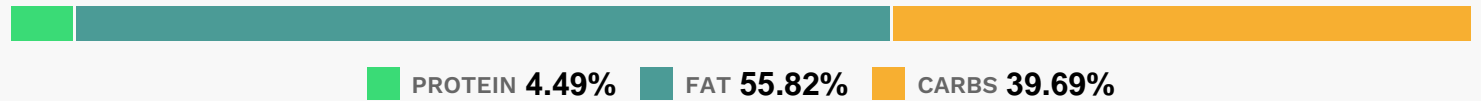
In a bowl, combine the flour and sugar.

Cut in butter until crumbly. Stir in walnuts. Press onto the bottom and up the sides of a greased 10-in. pie plate.

Bake at 375° for 14–16 minutes or until set and edges are lightly browned. cool on a wire rack.

For filling, in a bowl, dissolve gelatin in water. Stir in cranberry sauce, cranberry juice and orange peel. Cover and refrigerate until slightly thickened, about 1 hour. Fold in whipped cream. pour into crust. Refrigerate for at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:33.89, Glycemic Load:12.43, Inflammation Score:-6, Nutrition Score:6.6743478775024%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 426.92kcal (21.35%), Fat: 27.26g (41.94%), Saturated Fat: 14.61g (91.33%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 42.21g (15.35%), Sugar: 27.25g (30.28%), Cholesterol: 64.12mg (21.37%), Sodium: 152.27mg (6.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Manganese: 0.38mg (18.94%), Vitamin A: 821.86IU (16.44%), Vitamin B1: 0.16mg (10.86%), Selenium: 7.59µg (10.84%), Vitamin B2: 0.17mg (9.77%), Folate:

38.51µg (9.63%), Copper: 0.18mg (9%), Vitamin E: 1.28mg (8.5%), Phosphorus: 82.47mg (8.25%), Iron: 1.19mg (6.64%), Fiber: 1.4g (5.6%), Vitamin B3: 1.09mg (5.47%), Magnesium: 20.01mg (5%), Vitamin C: 3.85mg (4.67%), Vitamin B6: 0.08mg (3.78%), Calcium: 37.5mg (3.75%), Vitamin K: 3.89µg (3.7%), Vitamin D: 0.48µg (3.17%), Potassium: 111.09mg (3.17%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.21mg (2.07%), Vitamin B12: 0.07µg (1.2%)