



Cranberry-Cream Cheese Pie

READY IN



365 min.

SERVINGS



5

CALORIES



500 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium apples chopped
- 4 oz philadelphia cream cheese softened ()
- 6 oz ready-to-use graham cracker crumb crust
- 0.5 tsp ground cinnamon
- 0.1 tsp ground cloves
- 1 pkg jell-o cranberry flavor gelatin (8-serving size)
- 0.3 cup sugar
- 0.5 cup planters walnuts chopped
- 0.5 cup water cold

- 2 cups water boiling
- 1.5 cups cool whip whipped topping divided thawed

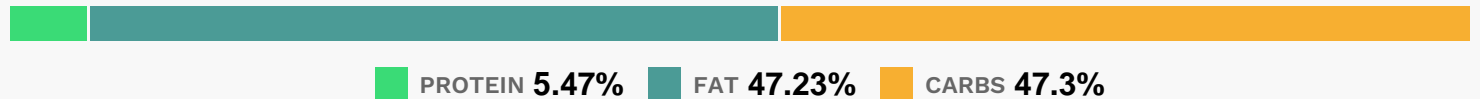
Equipment

- bowl
- whisk

Directions

- Stir boiling water into dry gelatin mix in large bowl at least 2 min. until completely dissolved. Stir in cold water and spices. Refrigerate 1-1/2 hours or until thickened (spoon drawn through leaves definite impression). Meanwhile, beat cream cheese and sugar in medium bowl with wire whisk until well blended. Stir in 1/2 cup of the whipped topping.
- Spread onto bottom of crust. Refrigerate until ready to use.
- Add apples and walnuts to thickened gelatin; stir gently until well blended. Refrigerate 10 to 15 min. or until mixture is very thick and will mound. Spoon over cream cheese layer in crust.
- Refrigerate 4 hours or until firm. Top with the remaining 1 cup whipped topping just before serving. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:30.82, Glycemic Load:8.81, Inflammation Score:-4, Nutrition Score:8.7013043061547%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 499.72kcal (24.99%), Fat: 26.92g (41.41%), Saturated Fat: 9.56g (59.72%), Carbohydrates: 60.65g (20.22%), Net Carbohydrates: 58.19g (21.16%), Sugar: 41.02g (45.58%), Cholesterol: 23.36mg (7.79%), Sodium: 333.65mg (14.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.03%), Manganese: 0.93mg (46.59%), Copper: 0.32mg (15.94%), Phosphorus: 149.4mg (14.94%), Vitamin B2: 0.18mg (10.65%), Fiber: 2.46g (9.84%), Folate: 37.93µg (9.48%), Vitamin K: 9.88µg (9.41%), Magnesium: 33.56mg (8.39%), Vitamin B1: 0.12mg (7.94%), Iron: 1.37mg (7.62%), Selenium: 5.16µg (7.37%), Vitamin E: 1.1mg (7.3%), Vitamin A: 344.42IU (6.89%), Calcium: 68.59mg (6.86%), Vitamin B3: 1.31mg (6.54%), Zinc: 0.96mg (6.38%), Vitamin B6: 0.12mg (6.08%), Potassium: 184.7mg (5.28%), Vitamin B5: 0.28mg (2.82%), Vitamin C: 1.84mg (2.23%), Vitamin B12: 0.09µg (1.58%)