



Cranberry Cream Pie I

READY IN



90 min.

SERVINGS



8

CALORIES



536 kcal

DESSERT

Ingredients

- 0.3 cup butter diced
- 3 tablespoons confectioners' sugar
- 1 cup cranberries dried
- 2 eggs lightly beaten
- 0.5 cup flour all-purpose
- 1 cup heavy whipping cream
- 2.3 cups milk
- 19-inch pie crust ()
- 0.1 teaspoon salt

- 0.5 cup cup heavy whipping cream sour
- 1 teaspoon vanilla extract
- 2 cups water boiling to cover
- 1 cup sugar white

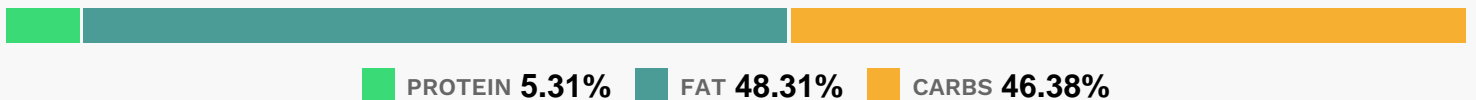
Equipment

- sauce pan
- plastic wrap

Directions

- Pour boiling water over the cranberries to cover.
- Let stand for 5 minutes and drain.
- In a medium heavy-bottomed saucepan, combine the sugar, flour and salt. Gradually stir in the milk and eggs. Cook over medium heat, stirring constantly, until the mixture thickens and boils. Boil and stir for 2 minutes.
- Remove from heat.
- Stir in the sour cream, butter, and cranberries; pour mixture into the baked pastry shell. Cover with plastic wrap. Refrigerate for several hours or overnight.
- Whip the cream until soft peaks form, fold in the confectioners' sugar and vanilla. Swirl over the top of the cooled and set pie.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:22.99, Inflammation Score:-5, Nutrition Score:8.5073913141437%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 536.09kcal (26.8%), Fat: 29.36g (45.17%), Saturated Fat: 15.63g (97.67%), Carbohydrates: 63.42g (21.14%), Net Carbohydrates: 61.78g (22.47%), Sugar: 43.67g (48.53%), Cholesterol: 106.51mg (35.5%), Sodium: 242.61mg (10.55%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 7.27g (14.53%), Vitamin B2: 0.32mg (18.74%), Vitamin A: 874.98IU (17.5%), Selenium: 10.51µg (15.01%), Phosphorus: 148.65mg (14.87%), Calcium: 135.84mg (13.58%), Vitamin B1: 0.18mg (12.27%), Manganese: 0.21mg (10.7%), Folate: 39.23µg (9.81%), Vitamin D: 1.45µg (9.67%), Vitamin B12: 0.56µg (9.31%), Iron: 1.32mg (7.34%), Vitamin B5: 0.73mg (7.25%), Vitamin E: 1.08mg (7.2%), Vitamin B3: 1.34mg (6.69%), Fiber: 1.64g (6.56%), Potassium: 207.39mg (5.93%), Magnesium: 19.94mg (4.99%), Vitamin B6: 0.1mg (4.95%), Zinc: 0.74mg (4.93%), Vitamin K: 4.9µg (4.67%), Copper: 0.07mg (3.29%)