



Cranberry Dream Pie

READY IN



25 min.

SERVINGS



8

CALORIES



427 kcal

DESSERT

Ingredients

- 1 cup powdered sugar
- 2 teaspoons cornstarch
- 2 cups cranberries fresh
- 6 ounces cream cheese softened
- 1 graham cracker crust (9 inches)
- 1 cup heavy whipping cream
- 0.8 cup sugar
- 1 teaspoon vanilla extract
- 0.3 cup water cold

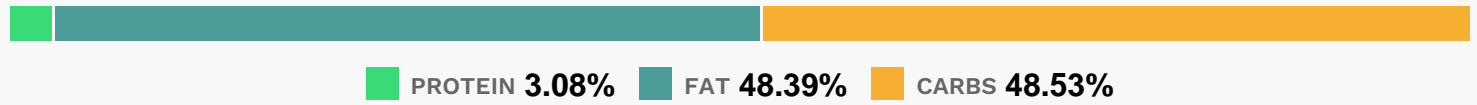
Equipment

- bowl
- sauce pan

Directions

- In a saucepan, combine sugar, cornstarch and water until smooth.
- Add cranberries. bring to a boil; boil and stir for 2 minutes. Reduce heat; cook until berries pop, about 5 minutes. Set aside.
- In a bowl, beat cream cheese, confectioners' sugar and vanilla until fluffy. Fold in whipped cream.
- Spread evenly into pie shell. Top with the cranberry mixture. Chill for at least 4 hours. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:14.35, Inflammation Score:-5, Nutrition Score:5.3065217837043%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 427.41kcal (21.37%), Fat: 23.42g (36.03%), Saturated Fat: 12.2g (76.26%), Carbohydrates: 52.85g (17.62%), Net Carbohydrates: 51.54g (18.74%), Sugar: 40.03g (44.48%), Cholesterol: 55.09mg (18.36%), Sodium: 176.33mg

(7.67%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 3.35g (6.71%), Manganese: 0.37mg (18.44%), Vitamin A: 738.09IU (14.76%), Vitamin B2: 0.16mg (9.53%), Vitamin E: 1.18mg (7.86%), Vitamin K: 7.28µg (6.93%), Phosphorus: 67.71mg (6.77%), Fiber: 1.31g (5.23%), Selenium: 3.52µg (5.02%), Calcium: 49.05mg (4.9%), Vitamin C: 3.68mg (4.46%), Folate: 17.17µg (4.29%), Iron: 0.68mg (3.8%), Vitamin B3: 0.75mg (3.75%), Copper: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.53%), Vitamin D: 0.48µg (3.17%), Zinc: 0.47mg (3.14%), Vitamin B5: 0.31mg (3.09%), Potassium: 101.77mg (2.91%), Vitamin B6: 0.05mg (2.64%), Magnesium: 10.53mg (2.63%), Vitamin B12: 0.09µg (1.57%)