



Cranberry & pear pies

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



606 kcal

DESSERT

Ingredients

- ☐ 350 g flour plain
- ☐ 85 g almond flour
- ☐ 140 g sugar
- ☐ 225 g butter chopped
- ☐ 1 eggs beaten
- ☐ 400 g cranberries fresh
- ☐ 50 g sugar
- ☐ 25 g cornstarch

- ☐ 325 g cranberry–orange relish (we used Waitrose Jaffa orange curd)
- ☐ 450 g pears cored peeled chopped

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ To make the pastry, tip the flour, almonds and sugar into a food processor then pulse in the butter until the mixture resembles breadcrumbs. Pulse in up to 5 tbsp cold water until mixture comes together as a dough. Wrap in cling film and chill for 1 hr.
- ☐ To make the filling, tip the cranberries into a pan with the sugar and cornflour and stir well. Stir in the orange curd, then cook for a few mins until thickened.
- ☐ Add the pears and cook a few mins more, stirring frequently. Cool.
- ☐ Heat oven to 190C/170C fan/gas 5 with a large baking sheet inside.
- ☐ Roll out the pastry and use to line 8 x 10cm individual Yorkshire pudding tins (or 10cm individual tart tins). Spoon in the cooled filling.
- ☐ Roll out the rest of the dough and stamp out 4 x 9cm rounds to make lids.
- ☐ Cut out the centres with a medium star cutter.
- ☐ Carefully cover half the pies with the pastry lids and place the stars on a baking tray. Crimp the edges of each pie (if using straight edged tins) with your finger and thumb, brush the pies and stars with the egg then dredge with sugar.
- ☐ Bake the stars for 8–10 mins and the pies for 15–20 mins until golden. Dredge with more sugar once out of the oven.
- ☐ Place a star on the open pies and serve with cream or ice cream.

Nutrition Facts



Properties

Glycemic Index:48.68, Glycemic Load:46.76, Inflammation Score:-7, Nutrition Score:13.077391370483%

Flavonoids

Cyanidin: 24.37mg, Cyanidin: 24.37mg, Cyanidin: 24.37mg, Cyanidin: 24.37mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Hesperetin: 11.07mg, Hesperetin: 11.07mg, Hesperetin: 11.07mg, Hesperetin: 11.07mg Naringenin: 6.22mg, Naringenin: 6.22mg, Naringenin: 6.22mg, Naringenin: 6.22mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 3.38mg, Myricetin: 3.38mg, Myricetin: 3.38mg, Myricetin: 3.38mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

Nutrients (% of daily need)

Calories: 606.3kcal (30.32%), Fat: 29.29g (45.06%), Saturated Fat: 15.09g (94.32%), Carbohydrates: 81.55g (27.18%), Net Carbohydrates: 74.69g (27.16%), Sugar: 35.65g (39.61%), Cholesterol: 80.93mg (26.98%), Sodium: 191.61mg (8.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.05%), Vitamin C: 31.03mg (37.61%), Fiber: 6.85g (27.42%), Vitamin B1: 0.4mg (26.34%), Manganese: 0.52mg (25.98%), Folate: 100.12µg (25.03%), Selenium: 17.34µg (24.77%), Vitamin B2: 0.3mg (17.42%), Vitamin A: 868.01IU (17.36%), Iron: 2.82mg (15.65%), Vitamin B3: 2.85mg (14.27%), Vitamin E: 1.54mg (10.25%), Phosphorus: 83.23mg (8.32%), Copper: 0.16mg (8.13%), Potassium: 240.5mg (6.87%), Vitamin K: 7.09µg (6.75%), Calcium: 64.32mg (6.43%), Vitamin B5: 0.58mg (5.84%), Magnesium: 21.94mg (5.49%), Vitamin B6: 0.1mg (4.93%), Zinc: 0.54mg (3.58%), Vitamin B12: 0.1µg (1.61%)