



Cranberry-Pecan Crusts

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cranberries dried finely chopped
- ☐ 0.5 cup pecans toasted finely chopped
- ☐ 15 ounce pie crust dough refrigerated

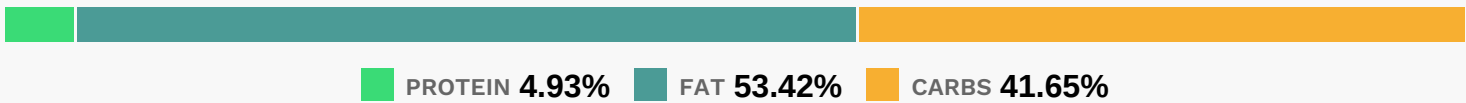
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Unfold each piecrust, and press out fold lines.
- ☐ Sprinkle 1 piecrust with pecans and cranberries; top with remaining piecrust.
- ☐ Roll into a 14-inch circle, sealing together piecrusts.
- ☐ Cut into desired shapes with a 2- to 3-inch cutter.
- ☐ Place pastry shapes on a lightly greased baking sheet.
- ☐ Bake at 425 for 8 to 10 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:0.28, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.2017391145877%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 69.63kcal (3.48%), Fat: 4.19g (6.44%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 6.82g (2.48%), Sugar: 1.28g (1.42%), Cholesterol: 0mg (0%), Sodium: 48.4mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Manganese: 0.12mg (6.24%), Vitamin B1: 0.04mg (2.85%), Folate: 8.6µg (2.15%), Fiber: 0.53g (2.12%), Iron: 0.35mg (1.96%), Vitamin B3: 0.35mg (1.73%), Copper: 0.03mg (1.4%), Vitamin B2: 0.02mg (1.32%), Phosphorus: 12.83mg (1.28%), Selenium: 0.74µg (1.06%)