



Cranberry Pies

READY IN



45 min.

SERVINGS



8

CALORIES



432 kcal

DESSERT

Ingredients

- ☐ 0.5 cup cranberries chopped
- ☐ 8 ounce cream cheese soft
- ☐ 1 teaspoon orange rind grated
- ☐ 0.5 cup pecans toasted chopped
- ☐ 2 tablespoons powdered sugar
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.3 cup sugar

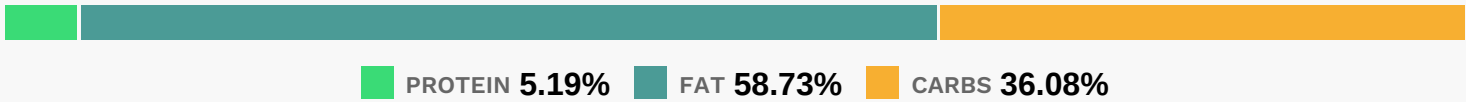
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Unfold piecrusts, and press out fold lines.
- ☐ Cut each piecrust into 4 (4-inch) squares, discarding scraps.
- ☐ Combine cream cheese and next 4 ingredients; spread 1/4 cup mixture onto each pastry square, leaving a 1/2-inch border. Moisten edges with water; fold pastry diagonally over filling, pressing edges to seal.
- ☐ Crimp edges with a fork.
- ☐ Place on lightly greased baking sheets.
- ☐ Bake at 350 for 18 to 20 minutes or until golden.
- ☐ Sprinkle with powdered sugar; serve warm or at room temperature.
- ☐ Note: You can freeze unbaked pies in airtight containers up to 1 month.
- ☐ Bake frozen pastries at 350 for 25 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:6.51, Inflammation Score:-4, Nutrition Score:6.7673912670301%

Flavonoids

Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg Delphinidin: 0.98mg, Delphinidin: 0.98mg, Delphinidin: 0.98mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 432.2kcal (21.61%), Fat: 28.55g (43.92%), Saturated Fat: 10.49g (65.53%), Carbohydrates: 39.46g (13.15%), Net Carbohydrates: 37.23g (13.54%), Sugar: 11.88g (13.2%), Cholesterol: 28.63mg (9.54%), Sodium: 306.68mg (13.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.35%), Manganese: 0.57mg (28.38%), Vitamin B1: 0.2mg (13.25%), Folate: 41.4µg (10.35%), Vitamin B2: 0.17mg (9.87%), Fiber: 2.23g (8.94%), Iron: 1.61mg (8.93%), Phosphorus: 88.22mg (8.82%), Selenium: 5.8µg (8.28%), Vitamin A: 389.88IU (7.8%), Vitamin B3: 1.55mg (7.75%), Copper: 0.13mg (6.56%), Magnesium: 19.2mg (4.8%), Vitamin K: 5.03µg (4.79%), Zinc: 0.7mg (4.65%), Vitamin B5: 0.46mg (4.55%), Vitamin E: 0.67mg (4.45%), Calcium: 43.37mg (4.34%), Potassium: 122.65mg (3.5%), Vitamin B6: 0.06mg (3.04%), Vitamin C: 1.29mg (1.56%), Vitamin B12: 0.06µg (1.04%)