



Cranberry-Ribbon Apple Pie

READY IN



45 min.

SERVINGS



8

CALORIES



541 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons flour
- ☐ 8 ounces cranberries
- ☐ 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible) 100%
- ☐ 2 pounds apples i use 2 granny smith apples cored peeled thinly sliced
- ☐ 1 pinch ground cinnamon
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon milk
- ☐ 8 servings pie crust dough
- ☐ 1.8 pounds delicious apples cored peeled thinly sliced

- ☐ 1.5 cups sugar
- ☐ 2 tablespoons butter unsalted cut into 1/2-inch cubes ()
- ☐ 8 servings whipped cream

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Stir 3/4 cup sugar and juice in saucepan over medium-high heat.
- ☐ Add cranberries; bring to simmer. Reduce heat; simmer until almost all liquid is absorbed, stirring often, about 25 minutes. Cool. (Can be made 2 days ahead. Cover and chill.)
- ☐ Toss all apples, flour, lemon juice, 1/2 teaspoon cinnamon, and 3/4 cup sugar in large bowl to blend.
- ☐ Preheat oven to 400°F.
- ☐ Roll out 1 dough disk on floured surface to 13-inch round.
- ☐ Transfer to 9-inch deep-dish glass pie dish. Trim overhang to 1 inch.
- ☐ Spread cranberry mixture over crust bottom. Top with apple mixture; dot with butter.
- ☐ Roll out second dough disk on floured surface to 13-inch round; drape over apples. Trim overhang to 1 inch. Press crust edges together to seal; crimp.
- ☐ Cut 1-inch hole in center.
- ☐ Brush crust with milk.
- ☐ Mix remaining 1 tablespoon sugar and pinch of cinnamon in small bowl; sprinkle over crust.
- ☐ Bake pie 15 minutes; reduce oven temperature to 375°F and bake until crust is golden, about 50 minutes.
- ☐ Transfer to rack; cool at least 2 hours. (Can be made 6 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Serve warm or at room temperature with vanilla ice cream.

Nutrition Facts



PROTEIN 3.28% **FAT 25.96%** **CARBS 70.76%**

Properties

Glycemic Index:51.76, Glycemic Load:46.34, Inflammation Score:-6, Nutrition Score:9.172608676164%

Flavonoids

Cyanidin: 16.5mg, Cyanidin: 16.5mg, Cyanidin: 16.5mg, Cyanidin: 16.5mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.98mg, Peonidin: 13.98mg, Peonidin: 13.98mg Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 17.25mg, Epicatechin: 17.25mg, Epicatechin: 17.25mg, Epicatechin: 17.25mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg

Nutrients (% of daily need)

Calories: 541.48kcal (27.07%), Fat: 16.22g (24.95%), Saturated Fat: 8.09g (50.57%), Carbohydrates: 99.46g (33.15%), Net Carbohydrates: 92.26g (33.55%), Sugar: 76.71g (85.23%), Cholesterol: 36.64mg (12.21%), Sodium: 143.77mg (6.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Fiber: 7.2g (28.79%), Vitamin C: 15.86mg (19.22%), Vitamin B2: 0.28mg (16.29%), Manganese: 0.29mg (14.73%), Potassium: 419.6mg (11.99%), Phosphorus: 116.72mg (11.67%), Calcium: 107.36mg (10.74%), Vitamin A: 505.6IU (10.11%), Vitamin B1: 0.14mg (9.46%), Vitamin E: 1.33mg (8.84%), Vitamin K: 8.91µg (8.49%), Vitamin B6: 0.16mg (7.77%), Folate: 28.66µg (7.16%), Vitamin B5: 0.7mg (6.98%), Magnesium: 26.32mg (6.58%), Iron: 1.08mg (6%), Copper: 0.12mg (5.96%), Vitamin B3: 1mg (5%), Selenium: 3.35µg (4.79%), Zinc: 0.7mg (4.67%), Vitamin B12: 0.27µg (4.45%), Vitamin D: 0.19µg (1.28%)