



Cranberry Streusel Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



455 kcal

DESSERT

Ingredients

- 0.3 cup firmly brown sugar light packed
- 0.3 cup butter melted
- 2 cups cranberries fresh
- 1 large eggs
- 3 tablespoons flour all-purpose
- 0.5 teaspoon ground cinnamon
- 15 ounce piecrusts refrigerated
- 0.3 cup sugar

- 0.3 cup sugar
- 0.5 cup walnuts chopped

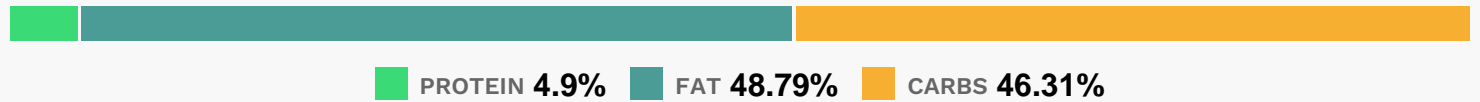
Equipment

- oven
- whisk

Directions

- Fit piecrust into a 9-inch pieplate according to package directions; fold edges under, and crimp.
- Stir together cranberries and next 4 ingredients, and spoon in-to piecrust.
- Whisk together egg and remaining ingredients, and pour over cranberry mixture.
- Bake at 400 for 20 minutes. Reduce temperature to 350, and bake 30 minutes.

Nutrition Facts



Properties

Glycemic Index:35.65, Glycemic Load:12.78, Inflammation Score:-4, Nutrition Score:7.5669565226721%

Flavonoids

Cyanidin: 11.81mg, Cyanidin: 11.81mg, Cyanidin: 11.81mg, Cyanidin: 11.81mg 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, 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: 455kcal (22.75%), Fat: 25.04g (38.52%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 53.47g (17.82%), Net Carbohydrates: 50.61g (18.4%), Sugar: 22.51g (25.02%), Cholesterol: 23.25mg (7.75%), Sodium: 295.96mg

(12.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.31%), Manganese: 0.62mg (31.12%), Vitamin B1: 0.2mg (13.3%), Folate: 52.86µg (13.21%), Fiber: 2.86g (11.44%), Iron: 1.96mg (10.88%), Selenium: 6.46µg (9.23%), Copper: 0.18mg (9.17%), Vitamin B2: 0.15mg (9.07%), Vitamin B3: 1.72mg (8.62%), Phosphorus: 83.72mg (8.37%), Vitamin E: 0.92mg (6.11%), Vitamin A: 304.86IU (6.1%), Magnesium: 23.3mg (5.83%), Vitamin K: 5.39µg (5.14%), Vitamin B6: 0.1mg (4.78%), Vitamin B5: 0.45mg (4.54%), Vitamin C: 3.61mg (4.38%), Zinc: 0.59mg (3.96%), Potassium: 128.4mg (3.67%), Calcium: 32.42mg (3.24%), Vitamin B12: 0.06µg (1.05%)