



## Deep-Dish Winter Fruit Pie with Walnut Crumb

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



473 kcal

DESSERT

### Ingredients

- ☐ 4 small apples cored peeled sliced (12 ounces prepped)
- ☐ 5.8 ounces brown sugar packed
- ☐ 2 tablespoons cornstarch
- ☐ 4 ounces cranberries fresh
- ☐ 5.5 ounces figs dried
- ☐ 3.8 ounces flour all-purpose
- ☐ 3.5 ounces granulated sugar
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 3 tablespoons water
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 4 pears cored peeled sliced
- ☐ 0.3 teaspoon sea salt fine
- ☐ 3 ounces butter unsalted melted
- ☐ 3 ounces walnuts raw coarsely chopped

## Equipment

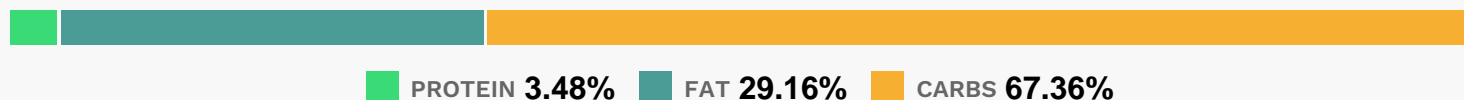
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ springform pan
- ☐ skewers

## Directions

- ☐ To make the pie pastry, put the flour, sugar, and salt in a bowl, stir to combine, then put the bowl in the freezer for 10 minutes.
- ☐ Add the butter to the flour mixture and toss to evenly coat.
- ☐ Cut the butter into the flour mixture using a pastry blender, a food processor, an electric mixer, or your hands, just until the mixture becomes coarse and crumbly and the butter is the size of peas. Stir the water and lemon juice together, then pour over the dry ingredients and stir just until the dry ingredients are moistened.
- ☐ Dump the dough onto a well-floured work surface and press it into a 6-inch disk. Wrap in plastic wrap and refrigerate for at least 1 hour.

- ☐ Roll the chilled dough into a 14-inch disk, then line a 9 or 10 by 3-inch springform pan with the rolled-out dough. Patch any holes and trim off any dough that hangs over the edges of the pan. Chill for an additional 30 minutes while you prepare the crumb topping and the fruit filling.
- ☐ To make the walnut crumb topping, mix the flour, brown sugar, walnuts, cinnamon, and salt together in a bowl. Stir in the butter, then work it in with your hands until the texture of crumbs.
- ☐ Put the topping in the refrigerator while you make the fruit filling.
- ☐ Position a rack in the lower third of the oven and preheat the oven to 375°F.
- ☐ To make the fruit filling, remove the stem from each fig, then boil the figs in 1 cup of water for 5 minutes.
- ☐ Drain and set aside until cool enough to handle.
- ☐ Slice each fig into 4 to 5 pieces, put them in a large bowl, and add the apples, pears, and cranberries. Separately, rub the sugar and cornstarch together, then add to the fruit and gently toss until evenly coated.
- ☐ Transfer the filling to the pie shell and top with the walnut crumb.
- ☐ Bake in the lower third of the oven for 60 to 75 minutes, or until the crumb is golden, the fruit juices are bubbling thickly around the edges, and the fruit is tender when pierced with a wooden skewer. If the crumb is getting too dark, cover it with foil.
- ☐ Storage: Covered with a tea towel, the pie will keep at room temperature for up to 3 days. Spooned into a bowl and drizzled with chilled cream, it makes a wonderful breakfast.
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## Nutrition Facts



## Properties

Glycemic Index:39.36, Glycemic Load:26.63, Inflammation Score:-5, Nutrition Score:10.363043445608%

## Flavonoids

Cyanidin: 9.87mg, Cyanidin: 9.87mg, Cyanidin: 9.87mg, Cyanidin: 9.87mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.98mg, Peonidin: 6.98mg, Peonidin: 6.98mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 9.58mg, Epicatechin: 9.58mg, Epicatechin: 9.58mg, Epicatechin: 9.58mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg 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: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 472.51kcal (23.63%), Fat: 16.18g (24.89%), Saturated Fat: 6.2g (38.78%), Carbohydrates: 84.08g (28.03%), Net Carbohydrates: 75.82g (27.57%), Sugar: 58.85g (65.39%), Cholesterol: 22.86mg (7.62%), Sodium: 84.52mg (3.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Manganese: 0.75mg (37.68%), Fiber: 8.26g (33.03%), Copper: 0.36mg (18.03%), Vitamin B1: 0.18mg (12.2%), Potassium: 420.17mg (12%), Vitamin C: 9.87mg (11.96%), Magnesium: 46.21mg (11.55%), Folate: 45.77µg (11.44%), Iron: 1.8mg (9.99%), Vitamin K: 10.49µg (9.99%), Phosphorus: 88.54mg (8.85%), Vitamin B2: 0.15mg (8.77%), Selenium: 5.74µg (8.2%), Calcium: 81.24mg (8.12%), Vitamin B6: 0.16mg (7.88%), Vitamin A: 341.87IU (6.84%), Vitamin B3: 1.28mg (6.41%), Vitamin E: 0.84mg (5.58%), Zinc: 0.71mg (4.72%), Vitamin B5: 0.38mg (3.75%), Vitamin D: 0.16µg (1.06%)