



Festive Apple-berry Pie

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



441 kcal

DESSERT

Ingredients

- ☐ 5 cups apples peeled sliced
- ☐ 4 tablespoons cornstarch
- ☐ 2 cups cranberries fresh
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 box pie crusts refrigerated softened pillsbury®
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons water

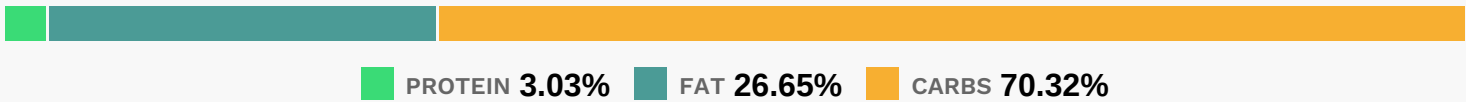
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ In 1-quart saucepan, mix cranberries, 1 cup of the sugar, 1 tablespoon of the cornstarch and the water.
- ☐ Heat to boiling. Boil 5 minutes. Cool 15 minutes.
- ☐ Heat oven to 425 degrees F. Make pie crusts as directed on box for Two-Crust Pie using 9-inch glass pie pan.
- ☐ In large bowl, mix apples, remaining 1/2 cup sugar, remaining 3 tablespoons cornstarch, the cinnamon and nutmeg until apples are coated. Stir in cooled cranberry mixture. Spoon into crust-lined pan. Top with second crust; seal edge and flute.
- ☐ Cut slits in several places in top crust.
- ☐ Bake 40 to 50 minutes or until golden brown. After 15 to 20 minutes of baking, cover crust edge with strips of foil to prevent excessive browning.

Nutrition Facts



Properties

Glycemic Index:27.76, Glycemic Load:29.99, Inflammation Score:-3, Nutrition Score:5.6269565043242%

Flavonoids

Cyanidin: 12.83mg, Cyanidin: 12.83mg, Cyanidin: 12.83mg, Cyanidin: 12.83mg 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: 12.31mg,

Peonidin: 12.31mg, Peonidin: 12.31mg, Peonidin: 12.31mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 6.98mg, Epicatechin: 6.98mg, Epicatechin: 6.98mg, Epicatechin: 6.98mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 440.88kcal (22.04%), Fat: 13.35g (20.53%), Saturated Fat: 4.12g (25.75%), Carbohydrates: 79.22g (26.41%), Net Carbohydrates: 75.08g (27.3%), Sugar: 46.64g (51.82%), Cholesterol: 0mg (0%), Sodium: 206.73mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.83%), Manganese: 0.37mg (18.28%), Fiber: 4.14g (16.56%), Vitamin B1: 0.15mg (10.27%), Folate: 37.65µg (9.41%), Vitamin C: 7.1mg (8.61%), Iron: 1.5mg (8.34%), Vitamin B3: 1.45mg (7.24%), Vitamin B2: 0.12mg (6.91%), Vitamin K: 6.66µg (6.34%), Phosphorus: 48.08mg (4.81%), Vitamin E: 0.7mg (4.69%), Selenium: 3.22µg (4.6%), Potassium: 153.72mg (4.39%), Copper: 0.08mg (3.94%), Vitamin B6: 0.07mg (3.58%), Magnesium: 13.25mg (3.31%), Vitamin B5: 0.32mg (3.24%), Zinc: 0.29mg (1.93%), Calcium: 18.12mg (1.81%), Vitamin A: 58.12IU (1.16%)