



## Extra Easy Cranberry Apple Pie

 Gluten Free

READY IN



165 min.

SERVINGS



8

CALORIES



253 kcal

DESSERT

### Ingredients

- 21 oz peach pie filling canned
- 0.5 cup brown sugar packed
- 0.3 cup butter cold
- 0.3 cup butter softened
- 0.8 cup cranberries fresh
- 1 teaspoon ground cinnamon
- 0.5 cup rolled oats
- 3 tablespoons water boiling

- 0.8 cup frangelico
- 1.5 cups frangelico
- 0.8 cup frangelico
- 1.5 cups frangelico

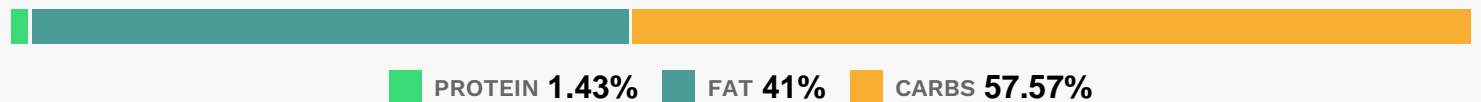
## Equipment

- bowl
- oven
- aluminum foil

## Directions

- Heat oven to 375F. In medium bowl, mix 1 1/2 cups Bisquick mix and 1/4 cup softened butter with fork until crumbly.
- Add boiling water; stir vigorously with fork until dough forms. Gather into ball. Press firmly and evenly against bottom and up side of ungreased 9-inch glass pie plate; flute edge.
- In medium bowl, gently stir together Filling ingredients. Spoon mixture evenly into crust.
- In small bowl, mix 3/4 cup Bisquick mix, the oats, brown sugar and cinnamon.
- Cut in 1/4 cup cold butter until crumbly.
- Sprinkle over filling.
- Bake 15 minutes. Cover top of pie with foil; bake 10 to 15 minutes longer or until golden brown. Cool 2 to 3 hours before serving.
- Garnish top of pie or individual servings with cranberries.

## Nutrition Facts



## Properties

Glycemic Index:23.75, Glycemic Load:1.53, Inflammation Score:-3, Nutrition Score:2.9347826255404%

## Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.61mg, Peonidin: 4.61mg, Peonidin: 4.61mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

## **Nutrients (% of daily need)**

Calories: 252.53kcal (12.63%), Fat: 11.93g (18.35%), Saturated Fat: 7.35g (45.94%), Carbohydrates: 37.68g (12.56%), Net Carbohydrates: 35.95g (13.07%), Sugar: 24.07g (26.75%), Cholesterol: 30.5mg (10.17%), Sodium: 130.85mg (5.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Manganese: 0.29mg (14.51%), Vitamin A: 378.77IU (7.58%), Fiber: 1.73g (6.9%), Copper: 0.07mg (3.71%), Vitamin E: 0.51mg (3.4%), Iron: 0.57mg (3.19%), Vitamin C: 2.59mg (3.14%), Phosphorus: 31.13mg (3.11%), Selenium: 2.01µg (2.87%), Magnesium: 10.77mg (2.69%), Calcium: 23.85mg (2.39%), Potassium: 82.1mg (2.35%), Vitamin B1: 0.03mg (2.28%), Vitamin K: 2.01µg (1.92%), Zinc: 0.24mg (1.63%), Vitamin B5: 0.15mg (1.5%), Vitamin B6: 0.03mg (1.44%), Vitamin B2: 0.02mg (1.34%)