



Fruit-and-Berry Streusel Pie

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 16 ounce apricots light drained sliced into quarters canned
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons cornstarch
- ☐ 2.5 cups cranberries fresh
- ☐ 0.5 cup blueberries dried
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup golden raisins
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons stick margarine chilled cut into small pieces
- ☐ 9 inch pastry crust
- ☐ 0.3 teaspoon salt divided
- ☐ 0.5 cup sugar
- ☐ 1.3 cups water

Equipment

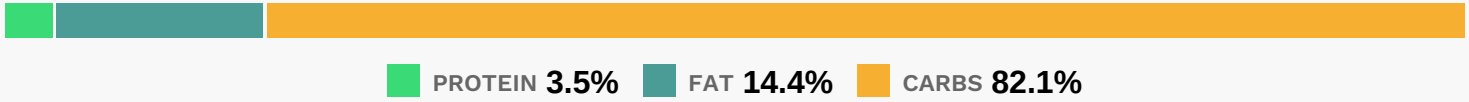
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Prepare and bake the Pastry Crust in a 9-inch pie plate. Cool crust completely on a wire rack.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, brown sugar, cinnamon, and 1/8 teaspoon salt in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Set aside.
- ☐ Combine 1/8 teaspoon salt, water, sugar, and cornstarch in a saucepan. Bring to a boil, and cook for 1 minute, stirring constantly.
- ☐ Add cranberries, and cook over medium heat for 10 minutes or until cranberries pop.
- ☐ Remove from heat. Stir in blueberries, raisins, rind, and juice. Fold apricots into cranberry mixture. Cool to room temperature.
- ☐ Preheat oven to 40

- ☐
- Pour the fruit mixture into prepared crust.
- ☐
- Sprinkle the streusel mixture evenly over fruit mixture.
- ☐
- Place the pie on a baking sheet in lower third of oven.
- ☐
- Bake at 400 for 30 minutes. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:33.14, Glycemic Load:13.88, Inflammation Score:-6, Nutrition Score:4.6639130395716%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg 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: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 181.51kcal (9.08%), Fat: 3.02g (4.64%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 35.5g (12.91%), Sugar: 27.7g (30.77%), Cholesterol: 0mg (0%), Sodium: 103.96mg (4.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin A: 994.89IU (19.9%), Fiber: 3.22g (12.89%), Vitamin C: 9.04mg (10.96%), Manganese: 0.19mg (9.73%), Potassium: 249.69mg (7.13%), Vitamin E: 0.84mg (5.6%), Copper: 0.08mg (4.17%), Iron: 0.75mg (4.15%), Vitamin B1: 0.05mg (3.65%), Vitamin B2: 0.06mg (3.47%), Vitamin B3: 0.64mg (3.2%), Folate: 12.62µg (3.16%), Vitamin B6: 0.06mg (3.01%), Vitamin K: 3.01µg (2.87%), Selenium: 1.87µg (2.68%), Phosphorus: 25.15mg (2.51%), Magnesium: 9.87mg (2.47%), Calcium: 23.05mg (2.3%), Vitamin B5: 0.22mg (2.23%), Zinc: 0.17mg (1.14%)