



WHATSheATE



Gingery Cranberry-Pear Pie with Oatmeal Streusel

READY IN



45 min.

SERVINGS



12

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 6 anjou pears cored peeled cut into 1/4-inch-thick slices (3 pounds)
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 cup flour all-purpose
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- ☐ 1 inch ginger fresh peeled cut into 1/4-inch-thick slices
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon

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- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 cup old-fashioned oats
- ☐ 2 tablespoons orange juice
- ☐ 1 teaspoon orange rind grated
- ☐ 12 servings piecrust dough light all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted melted
- ☐ 1 cup water

Equipment

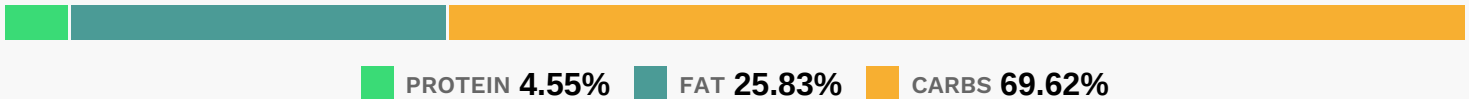
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Position oven rack to lowest third of oven. Preheat oven to 40
- ☐ To prepare pie, combine 1 cup water and granulated sugar in a small saucepan over medium-high heat; bring to a boil.
- ☐ Add cranberries, fresh ginger slices, and rind; return to a boil, stirring until sugar dissolves. Reduce heat to low, and simmer 15 minutes or until liquid is reduced to 2 tablespoons.
- ☐ Remove from heat; discard ginger slices. Cool.

- ☐ Combine lemon juice and pears in a large bowl; toss. Weigh or lightly spoon 13 ounces flour into a dry measuring cup; level with a knife.
- ☐ Combine 13 ounces flour and 1/3 cup brown sugar.
- ☐ Add flour mixture to pear mixture; toss to coat. Stir in cranberry mixture.
- ☐ Remove 2 sheets plastic from All-Purpose Light Piecrust dough. Fit dough, plastic wrap side up, into a 9-inch pie plate coated with cooking spray.
- ☐ Remove top sheets of plastic wrap. Fold edges under; flute. Spoon pear mixture into prepared crust.
- ☐ To prepare streusel, weigh or lightly spoon 5 ounces flour into a dry measuring cup; level with a knife.
- ☐ Combine butter and orange juice in a bowl, stirring well.
- ☐ Add flour, oats, and remaining ingredients; toss.
- ☐ Sprinkle oat mixture over pear mixture. Cover pie loosely with foil; place pie plate on a baking sheet.
- ☐ Bake, covered, in the lower third of oven at 400 for 1 hour. Uncover; bake 15 minutes or until browned. Cool on a wire rack 1 hour.

Nutrition Facts



Properties

Glycemic Index:30.74, Glycemic Load:12.91, Inflammation Score:-3, Nutrition Score:6.1547826292074%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

0.12mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 275.04kcal (13.75%), Fat: 8.15g (12.53%), Saturated Fat: 3.05g (19.03%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 44.91g (16.33%), Sugar: 24.17g (26.86%), Cholesterol: 5.02mg (1.67%), Sodium: 140.19mg (6.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Manganese: 0.49mg (24.26%), Fiber: 4.5g (17.99%), Vitamin B1: 0.15mg (10.12%), Folate: 35.66µg (8.92%), Selenium: 5.53µg (7.9%), Iron: 1.38mg (7.68%), Vitamin C: 5.84mg (7.07%), Copper: 0.14mg (6.88%), Phosphorus: 62.43mg (6.24%), Vitamin B2: 0.1mg (6.15%), Vitamin B3: 1.21mg (6.07%), Vitamin K: 6.2µg (5.9%), Magnesium: 21.95mg (5.49%), Potassium: 176.86mg (5.05%), Zinc: 0.49mg (3.29%), Vitamin E: 0.4mg (2.69%), Vitamin B6: 0.05mg (2.69%), Vitamin B5: 0.26mg (2.63%), Calcium: 24.89mg (2.49%), Vitamin A: 87.46IU (1.75%)