



Green Tomato Pie Filling



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



710 kcal

DESSERT

Ingredients

- ☐ 2.5 cups firmly brown sugar packed
- ☐ 0.5 cup cider vinegar 5% (acidity)
- ☐ 15 ounce golden raisins
- ☐ 4.8 pounds granny smith apples peeled chopped
- ☐ 6.8 pounds tomatoes green chopped
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg

- ☐ 1 cup juice of lemon fresh
- ☐ 2 tablespoons lemon rind grated
- ☐ 2 tablespoons orange rind grated
- ☐ 15 ounce raisins
- ☐ 2.5 cups sugar
- ☐ 2 cups water

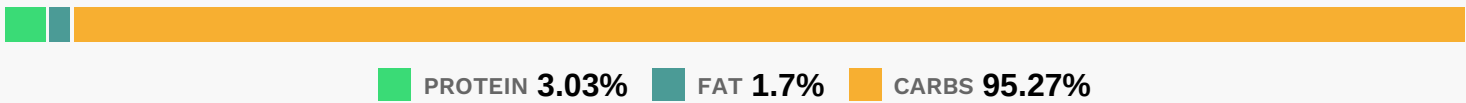
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Combine all ingredients in a Dutch oven; simmer over medium-low heat, stirring often, 2 hours and 30 minutes or until tomato and apple are tender and liquid thickens.
- ☐ Pour hot mixture into hot jars, filling to 1/2 inch from top.
- ☐ Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands.
- ☐ Process in boiling-water bath 15 minutes.
- ☐ Roll each refrigerate piecrust from 1 (15 ounce) package into 1/8-inch thickness. Press 1 piecrust into a 9-inch pieplate; fold edges under and crimp. Spoon 4 1/2 cups Green Tomato Pie Filling into piecrust; dot with 2 tablespoons butter.
- ☐ Cut remaining piecrust into 1/2-inch strips; arrange in a lattice design over filling.
- ☐ Sprinkle evenly with 2 tablespoons sugar.
- ☐ Bake pie at 425 for 10 minutes; reduce oven temperature to 350 and bake 30 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:65.82, Inflammation Score:-9, Nutrition Score:21.384782490523%

Flavonoids

Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 709.53kcal (35.48%), Fat: 1.45g (2.23%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 182.87g (60.96%), Net Carbohydrates: 171.21g (62.26%), Sugar: 136.56g (151.73%), Cholesterol: 0mg (0%), Sodium: 65.71mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.65%), Vitamin C: 81.56mg (98.86%), Fiber: 11.66g (46.64%), Manganese: 0.8mg (40.07%), Potassium: 1368.21mg (39.09%), Vitamin A: 1743.31IU (34.87%), Vitamin K: 31.4µg (29.91%), Copper: 0.56mg (27.75%), Vitamin B6: 0.5mg (24.75%), Iron: 3.55mg (19.71%), Vitamin B2: 0.29mg (17.31%), Phosphorus: 164.06mg (16.41%), Magnesium: 65.27mg (16.32%), Vitamin B1: 0.23mg (15.59%), Vitamin B5: 1.55mg (15.49%), Calcium: 125.19mg (12.52%), Vitamin B3: 2.33mg (11.67%), Vitamin E: 1.4mg (9.34%), Folate: 35.64µg (8.91%), Selenium: 2.36µg (3.38%), Zinc: 0.49mg (3.26%)