



Harvest Fruit & Nut Pie

READY IN



45 min.

SERVINGS



20

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 3 tablespoons butter
- ☐ 1 teaspoon cinnamon
- ☐ 1 cup cranberries
- ☐ 4 9-inch deep-dish pie crusts
- ☐ 0.3 cup flour all-purpose
- ☐ 4 granny smith apples cored peeled sliced
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup pineapple chunks

- ☐ 1 cup sugar
- ☐ 0.5 cup walnuts chopped

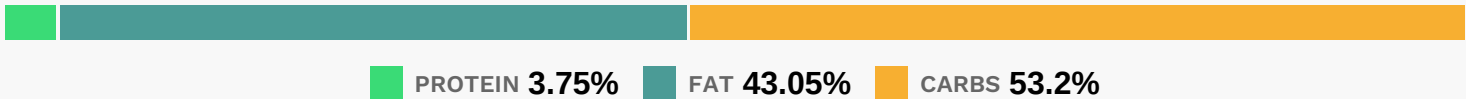
Equipment

- ☐ oven

Directions

- ☐ Mix together apples, cranberries, pineapple, walnuts and sugar. Sift together brown sugar, flour, cinnamon and nutmeg; add to apple mixture. Arrange 2 pie crusts in two 9" pie plates. Divide mixture equally between pie crusts; dot each with butter and cover with top pie crust, crimping to seal.
- ☐ Bake at 400 degrees for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:9.41, Inflammation Score:-2, Nutrition Score:5.0469564638384%

Flavonoids

Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.47mg, Peonidin: 2.47mg, Peonidin: 2.47mg, Peonidin: 2.47mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 342.93kcal (17.15%), Fat: 16.73g (25.74%), Saturated Fat: 4.95g (30.96%), Carbohydrates: 46.53g (15.51%), Net Carbohydrates: 44.47g (16.17%), Sugar: 22.03g (24.47%), Cholesterol: 4.51mg (1.51%), Sodium: 175.84mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Manganese: 0.38mg (18.98%), Folate: 42.13µg (10.53%), Vitamin B1: 0.14mg (9.19%), Fiber: 2.06g (8.24%), Vitamin K: 8.13µg (7.75%), Iron: 1.32mg (7.32%),

Vitamin B3: 1.32mg (6.6%), Copper: 0.11mg (5.41%), Vitamin B2: 0.09mg (5.36%), Vitamin E: 0.77mg (5.1%),
Phosphorus: 48.43mg (4.84%), Selenium: 2.91µg (4.15%), Magnesium: 15.56mg (3.89%), Vitamin C: 2.97mg (3.6%),
Potassium: 116.96mg (3.34%), Vitamin B6: 0.06mg (3.16%), Vitamin B5: 0.24mg (2.36%), Calcium: 23.41mg (2.34%),
Zinc: 0.34mg (2.28%), Vitamin A: 79IU (1.58%)