



Jack-o'-Lantern Pear Pie

READY IN



100 min.

SERVINGS



8

CALORIES



421 kcal

DESSERT

Ingredients

- 0.3 cup apricot preserves
- 0.3 cup brown sugar packed
- 2 tablespoons butter cold cut into small pieces
- 2 teaspoons ginger grated
- 0.3 cup gingersnaps crushed (7 cookies)
- 2 teaspoons milk
- 6 cups pears peeled thinly sliced (6 large)
- 0.5 cup powdered sugar
- 1 drop food coloring red

- 1 box pie crust dough refrigerated softened
- 2 teaspoons sugar
- 0.3 teaspoon vanilla
- 2 drops food coloring yellow

Equipment

- bowl
- oven
- knife
- wire rack
- aluminum foil
- cutting board

Directions

- Heat oven to 400F.
- Place 1 pie crust in 9-inch glass pie plate as directed on box. Unroll other crust on counter or cutting board. Using small knife, cut jack-o-lantern face into top crust; cover loosely with towel or waxed paper.
- Spread preserves over bottom of crust in pie plate; sprinkle with cookie crumbs. In large bowl, mix pears, gingerroot and brown sugar. Spoon pear mixture evenly over crumbs; sprinkle with butter pieces. Cover with top crust; seal edges and flute.
- Cover crust edge with strips of foil to prevent excessive browning.
- Bake 15 minutes. Reduce oven temperature to 350F.
- Bake 40 to 45 minutes longer or until bubbly and top is golden brown.
- Remove foil; cool on cooling rack about 20 minutes.
- Meanwhile, in small bowl, mix frosting ingredients. Gently brush frosting over top of warm pie.
- Serve warm or cool.

Nutrition Facts



■ PROTEIN 3.64% ■ FAT 34.59% ■ CARBS 61.77%

Properties

Glycemic Index:19.98, Glycemic Load:6.1, Inflammation Score:-3, Nutrition Score:6.7152173629274%

Flavonoids

Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 4.56mg, Epicatechin: 4.56mg, Epicatechin: 4.56mg, Epicatechin: 4.56mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 420.63kcal (21.03%), Fat: 16.54g (25.45%), Saturated Fat: 4.83g (30.19%), Carbohydrates: 66.47g (22.16%), Net Carbohydrates: 61.34g (22.3%), Sugar: 31g (34.45%), Cholesterol: 0.15mg (0.05%), Sodium: 270.44mg (11.76%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 3.92g (7.84%), Fiber: 5.13g (20.52%), Manganese: 0.36mg (18.07%), Folate: 47.78µg (11.95%), Vitamin B1: 0.16mg (10.84%), Iron: 1.91mg (10.62%), Vitamin K: 9.09µg (8.65%), Vitamin B3: 1.71mg (8.57%), Copper: 0.16mg (8.17%), Vitamin B2: 0.14mg (8.04%), Vitamin C: 5.87mg (7.12%), Potassium: 225.47mg (6.44%), Phosphorus: 57.14mg (5.71%), Selenium: 3.52µg (5.03%), Magnesium: 19.66mg (4.91%), Vitamin E: 0.54mg (3.6%), Vitamin B6: 0.07mg (3.54%), Vitamin A: 173.16IU (3.46%), Calcium: 33.94mg (3.39%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.39mg (2.57%)