



Jen's Cranberry Apple Pie

READY IN



70 min.

SERVINGS



10

CALORIES



272 kcal

DESSERT

Ingredients

- 1 cup firmly brown sugar packed
- 2 tablespoons butter cut into small pieces
- 1.5 cups cranberries fresh
- 0.3 cup flour all-purpose
- 1 pound granny smith apples cored peeled sliced
- 1.3 teaspoons ground cinnamon
- 2 lemon zest
- 0.3 teaspoon nutmeg freshly grated
- 1 pie dough for a double-crust pie

- 2 pounds tart pink baking apples cored peeled sliced pink lady® (such as)
- 1 teaspoon vanilla extract

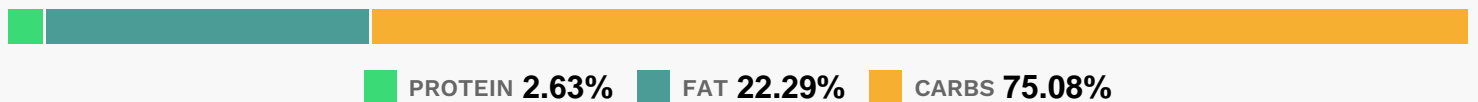
Equipment

- bowl
- baking sheet
- oven
- wire rack
- pie form

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Combine pink apples, Granny Smith apples, cranberries, brown sugar, flour, lemon zest, cinnamon, nutmeg, and vanilla together in a bowl and stir until apples are completely coated.
- Roll out and line a pie dish with 1/2 the dough.
- Pour apple mixture into pie dish. Dot apple mixture with butter pieces.
- Roll out remaining 1/2 the dough and top apple mixture with dough. Pinch edges of bottom and top crusts together. Tuck in dough and crimp to form a border.
- Cut vents in the top of the dough and place pie on a baking sheet.
- Bake pie in the preheated oven until apples are tender, filling is bubbling, and crust is golden brown, about 50 minutes.
- Transfer to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:33.45, Glycemic Load:7.27, Inflammation Score:-3, Nutrition Score:4.8113043651633%

Flavonoids

Cyanidin: 9.1mg, Cyanidin: 9.1mg, Cyanidin: 9.1mg, Cyanidin: 9.1mg Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.4mg, Peonidin: 7.4mg, Peonidin: 7.4mg, Peonidin: 7.4mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 10.9mg, Epicatechin: 10.9mg, Epicatechin: 10.9mg, Epicatechin: 10.9mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 272.49kcal (13.62%), Fat: 7.01g (10.78%), Saturated Fat: 2.88g (18.03%), Carbohydrates: 53.11g (17.7%), Net Carbohydrates: 48.64g (17.69%), Sugar: 36.22g (40.24%), Cholesterol: 6.02mg (2.01%), Sodium: 95.49mg (4.15%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 1.86g (3.72%), Fiber: 4.46g (17.86%), Manganese: 0.26mg (12.91%), Vitamin C: 8.48mg (10.27%), Vitamin B1: 0.1mg (6.45%), Potassium: 209.49mg (5.99%), Folate: 22.23µg (5.56%), Iron: 0.97mg (5.36%), Vitamin K: 5.27µg (5.02%), Vitamin B2: 0.08mg (4.95%), Vitamin B6: 0.08mg (4.2%), Vitamin B3: 0.81mg (4.07%), Vitamin E: 0.59mg (3.96%), Copper: 0.07mg (3.72%), Calcium: 34.69mg (3.47%), Phosphorus: 34.11mg (3.41%), Selenium: 2.34µg (3.35%), Magnesium: 13.28mg (3.32%), Vitamin A: 153.46IU (3.07%), Vitamin B5: 0.24mg (2.43%), Zinc: 0.18mg (1.21%)