



Joe's Awesome Pear Apple Cranberry Pie with Gingersnap Topping

READY IN



110 min.

SERVINGS



8

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 2 bosc pears
- ☐ 2.5 tablespoons brown sugar
- ☐ 4 tablespoons butter
- ☐ 1 tablespoon cornstarch
- ☐ 0.8 cup cranberries
- ☐ 0.5 cup flour
- ☐ 6 gingersnaps crushed ()
- ☐ 12 oz very granny smith apple

- ☐ 6 tablespoons granulated sugar
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon lemon zest
- ☐ 1 pinch salt
- ☐ 2.5 tablespoons sugar
- ☐ 8 servings " unbaked pie crust
- ☐ 0.3 teaspoon vanilla extract

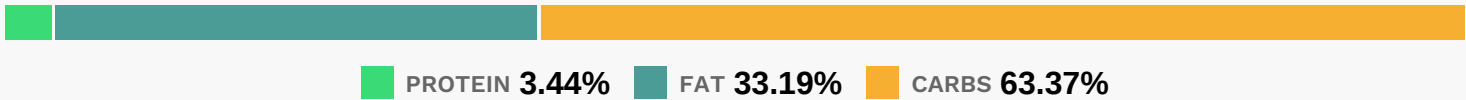
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Making the topping:In a bowl, mix flour, sugar, brown sugar, gingersnaps, ginger, and salt. Stir in melted butter until large crumbs form.Making the filling:Preheat oven to 350 degrees. In a large bowl toss pears, apples, cranberries, lemon juice, lemon zest, and vanilla. In a small bowl toss sugar with cornstarch and then stir this mixture into the fruit.
- ☐ Pour filling into pie crust, cover with topping. Set pie on foil lined baking sheet.
- ☐ Bake for 1 ½ hours or until golden brown and filling is bubbling over.Excellent served hot with a scoop of vanilla ice cream!

Nutrition Facts



Properties

Glycemic Index:47.37, Glycemic Load:17.1, Inflammation Score:-3, Nutrition Score:5.4060869819444%

Flavonoids

Cyanidin: 5.94mg, Cyanidin: 5.94mg, Cyanidin: 5.94mg, Cyanidin: 5.94mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.62mg, Peonidin: 4.62mg, Peonidin: 4.62mg, Peonidin: 4.62mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 317.35kcal (15.87%), Fat: 12g (18.46%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 51.55g (17.18%), Net Carbohydrates: 47.92g (17.43%), Sugar: 26.66g (29.62%), Cholesterol: 15.05mg (5.02%), Sodium: 168.42mg (7.32%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 2.8g (5.6%), Manganese: 0.3mg (15.14%), Fiber: 3.62g (14.49%), Folate: 38.86µg (9.72%), Vitamin B1: 0.14mg (9.66%), Iron: 1.45mg (8.03%), Vitamin C: 6.07mg (7.36%), Vitamin B2: 0.12mg (7.05%), Vitamin B3: 1.33mg (6.67%), Selenium: 4.4µg (6.29%), Vitamin K: 5.56µg (5.29%), Copper: 0.1mg (5%), Potassium: 161.03mg (4.6%), Vitamin A: 215.14IU (4.3%), Phosphorus: 41.28mg (4.13%), Vitamin E: 0.57mg (3.82%), Magnesium: 13.94mg (3.48%), Vitamin B6: 0.06mg (2.89%), Vitamin B5: 0.23mg (2.31%), Calcium: 21.8mg (2.18%), Zinc: 0.26mg (1.73%)