



Lattice-Topped Cranberry-Raspberry Pie

 Dairy Free

READY IN



85 min.

SERVINGS



10

CALORIES



272 kcal

DESSERT

Ingredients

- ☐ 1 cup honeycrisp apple diced peeled finely
- ☐ 3 tablespoons cornstarch
- ☐ 1.5 cups cranberries fresh thawed
- ☐ 1 large egg white
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 18 ounce raspberries fresh divided
- ☐ 14.1 ounce pie dough refrigerated divided such as Pillsbury
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 1 teaspoon water

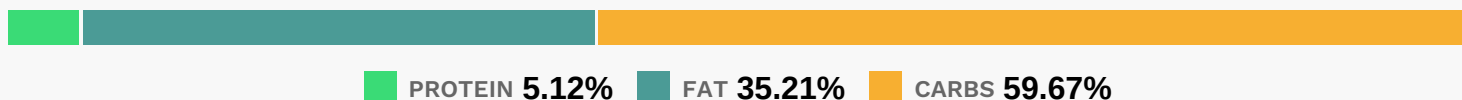
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Fit one pie dough circle into a 9-inch pie plate lightly coated with baking spray. Gently press dough against bottom and sides of pan. Chill dough.
- ☐ Preheat oven to 35
- ☐ Combine cranberries, apple, and lemon juice in a large bowl.
- ☐ Sprinkle with sugar, cornstarch, and salt; toss well to coat.
- ☐ Add 2 packages raspberries; toss gently to combine. Spoon mixture into prepared pie dough. Arrange remaining package of raspberries over top of cranberry mixture.
- ☐ Gently roll remaining pie dough circle into a 10 x 5-inch rectangle.
- ☐ Cut dough lengthwise into 10 (1/2-inch) strips. Arrange in a lattice design over raspberries. Seal dough strips to edge of crust.
- ☐ Combine 1 teaspoon water and egg white, stirring with a whisk.
- ☐ Brush lattice and dough edges with egg mixture.
- ☐ Bake at 350 for 55 minutes or until crust is golden and filling is bubbly, shielding edges of piecrust with foil, if necessary. Cool pie completely on a wire rack before slicing.

Nutrition Facts



Properties

Glycemic Index:17.31, Glycemic Load:8.72, Inflammation Score:-3, Nutrition Score:6.9160869013032%

Flavonoids

Cyanidin: 30.52mg, Cyanidin: 30.52mg, Cyanidin: 30.52mg, Cyanidin: 30.52mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 1.82mg, Delphinidin: 1.82mg, Delphinidin: 1.82mg, Delphinidin: 1.82mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.55mg, Pelargonidin: 0.55mg, Pelargonidin: 0.55mg, Pelargonidin: 0.55mg Peonidin: 7.44mg, Peonidin: 7.44mg, Peonidin: 7.44mg, Peonidin: 7.44mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 3.39mg, Epicatechin: 3.39mg, Epicatechin: 3.39mg, Epicatechin: 3.39mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 272.3kcal (13.62%), Fat: 10.84g (16.67%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 41.31g (13.77%), Net Carbohydrates: 36.13g (13.14%), Sugar: 14.24g (15.82%), Cholesterol: 0mg (0%), Sodium: 228.4mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.09%), Manganese: 0.58mg (28.97%), Fiber: 5.18g (20.73%), Vitamin C: 16.63mg (20.15%), Folate: 39.65µg (9.91%), Vitamin B1: 0.13mg (8.71%), Iron: 1.46mg (8.12%), Vitamin K: 7.92µg (7.55%), Vitamin B3: 1.42mg (7.08%), Vitamin B2: 0.11mg (6.48%), Vitamin E: 0.85mg (5.67%), Magnesium: 19.28mg (4.82%), Phosphorus: 47.53mg (4.75%), Selenium: 3.18µg (4.55%), Copper: 0.09mg (4.54%), Potassium: 148.41mg (4.24%), Vitamin B5: 0.39mg (3.9%), Vitamin B6: 0.06mg (3.13%), Zinc: 0.42mg (2.78%), Calcium: 22.82mg (2.28%)