



Meatless Mincemeat Pie



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 2 apples cored peeled chopped
- ☐ 18 ounce mincemeat pie filling prepared
- ☐ 0.5 cup brown sugar packed
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup rum
- ☐ 1.5 cups walnuts chopped

Equipment

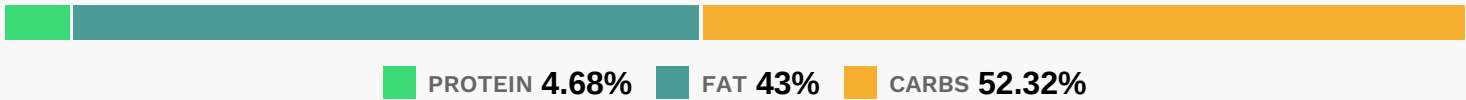
- ☐ bowl

☐ oven

Directions

- ☐ Combine mincemeat, walnuts, apples, brown sugar, lemon juice and rum in a bowl.
- ☐ Mix well. Cover and refrigerate overnight.
- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Take filling out of refrigerator and let come to room temperature. Prepare crusts. Stir filling well and pour into shell. Top with full crust and make slits or make a lattice top. Crimp edges.
- ☐ Bake in preheated oven on low shelf for 40 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:1.57, Inflammation Score:-2, Nutrition Score:5.1756522163101%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg 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: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 240.72kcal (12.04%), Fat: 11.56g (17.78%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 29.08g (10.57%), Sugar: 21.99g (24.44%), Cholesterol: 0mg (0%), Sodium: 27.85mg (1.21%), Alcohol: 2g (100%), Alcohol %: 2.06% (100%), Protein: 2.83g (5.66%), Manganese: 0.63mg (31.7%), Copper: 0.32mg (16.18%), Fiber: 2.56g (10.26%), Magnesium: 31.65mg (7.91%), Phosphorus: 69.1mg (6.91%), Vitamin B6: 0.12mg (6.13%), Vitamin B1: 0.07mg (4.86%), Folate: 18.7µg (4.68%), Potassium: 155.6mg (4.45%), Iron: 0.78mg (4.36%), Vitamin C: 3.35mg (4.06%), Zinc: 0.58mg (3.89%), Calcium: 30.64mg (3.06%), Vitamin B2: 0.04mg (2.46%), Selenium: 1.15µg (1.64%), Vitamin B5: 0.16mg (1.6%), Vitamin K: 1.53µg (1.46%), Vitamin E: 0.21mg (1.41%), Vitamin B3:

0.26mg (1.31%)