



Mincemeat Pie Filling



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



213 kcal

Ingredients

- ☐ 4 cups apples chopped
- ☐ 1.5 cups beef diced cooked
- ☐ 1 cup beef broth
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 large cranberry-orange relish peeled cut into bite-size
- ☐ 0.3 cup pineapple juice
- ☐ 1.5 cups raisins

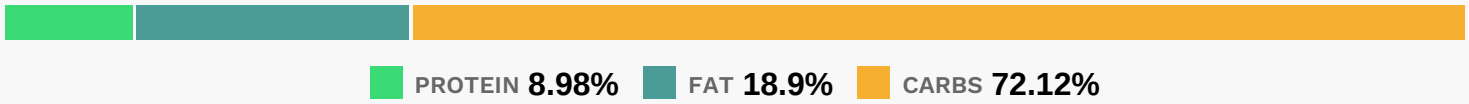
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sorghum syrup
- ☐ 0.3 cup juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) sweet
- ☐ 1.5 cups sugar white

Equipment

Directions

- ☐ Combine the cooked beef, apples, raisins, sweet pickle vinegar, pineapple, orange, salt, cloves, cinnamon, nutmeg, sugar, sorghum and 1 cup beef broth. Store in the refrigerator or freeze until ready to use.

Nutrition Facts



Properties

Glycemic Index:20.27, Glycemic Load:20.66, Inflammation Score:-1, Nutrition Score:4.5139130671387%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 3.13mg, Hesperetin: 3.13mg, Hesperetin: 3.13mg, Hesperetin: 3.13mg Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 213.19kcal (10.66%), Fat: 4.71g (7.25%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 37.99g (13.81%), Sugar: 23.45g (26.05%), Cholesterol: 14.98mg (4.99%), Sodium: 203mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Vitamin C: 8.67mg (10.51%), Fiber: 2.45g (9.8%), Vitamin B12: 0.46µg (7.7%), Potassium: 259.25mg (7.41%), Vitamin B3: 1.41mg (7.04%), Phosphorus: 68.45mg (6.84%), Manganese: 0.14mg (6.81%), Iron: 1.14mg (6.35%), Zinc: 0.94mg (6.26%), Vitamin B6: 0.12mg (5.96%),

Selenium: 3.53µg (5.05%), Vitamin B2: 0.09mg (5%), Vitamin B1: 0.06mg (3.79%), Copper: 0.07mg (3.67%),
Magnesium: 11.59mg (2.9%), Calcium: 19.25mg (1.92%), Folate: 7.35µg (1.84%), Vitamin B5: 0.17mg (1.66%), Vitamin
K: 1.21µg (1.15%), Vitamin E: 0.17mg (1.15%)