



Mock Cherry Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



252 kcal

DESSERT

Ingredients

- 1 tablespoon butter
- 1.5 cups cranberries
- 1 tablespoon flour all-purpose
- 1.5 cups raisins
- 1.5 teaspoons vanilla extract
- 1 cup water
- 1.5 cups sugar white

Equipment

sauce pan

oven

Directions

Preheat oven to 450 degrees F (230 degrees C).

In a saucepan over medium heat, combine the cranberries, raisins, sugar, water and flour. Cook until cranberries open and mixture thickens. Allow to cool and stir in butter and vanilla.

Pour into prepared pie crust and cover with top crust.

Cut slits in top crust and bake for 10 minutes. Lower heat to 350 degrees F (175 degrees C) and bake for 35 minutes longer or until crust is golden brown.

Nutrition Facts

 PROTEIN 1.33% FAT 5.82% CARBS 92.85%

Properties

Glycemic Index:37.36, Glycemic Load:38.86, Inflammation Score:-1, Nutrition Score:2.776521726309%

Flavonoids

Cyanidin: 8.71mg, Cyanidin: 8.71mg, Cyanidin: 8.71mg, Cyanidin: 8.71mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.22mg, Peonidin: 9.22mg, Peonidin: 9.22mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 251.6kcal (12.58%), Fat: 1.72g (2.65%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 61.75g (20.58%), Net Carbohydrates: 59.2g (21.53%), Sugar: 38.32g (42.58%), Cholesterol: 3.76mg (1.25%), Sodium: 21.18mg (0.92%), Alcohol: 0.26g (100%), Alcohol %: 0.28% (100%), Protein: 0.88g (1.77%), Fiber: 2.55g (10.2%), Manganese: 0.15mg (7.49%), Potassium: 242.58mg (6.93%), Copper: 0.1mg (5.09%), Vitamin C: 4.09mg (4.96%), Iron: 0.81mg (4.5%), Vitamin B2: 0.07mg (3.9%), Vitamin B6: 0.06mg (3.12%), Vitamin B1: 0.04mg (2.68%), Magnesium: 9.91mg (2.48%), Phosphorus: 23.93mg (2.39%), Vitamin E: 0.29mg (1.92%), Vitamin B3: 0.38mg (1.91%), Vitamin A: 54.98IU (1.1%),

Calcium: 11.02mg (1.1%), Selenium: 0.74µg (1.06%), Vitamin K: 1.06µg (1.01%)