



Mock Mincemeat Pie

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

DESSERT

Ingredients

- ☐ 0.8 cup apricot dried diced
- ☐ 2 tablespoons brandy
- ☐ 2 tablespoons cornstarch
- ☐ 2 tablespoons rum dark
- ☐ 1 cup currants dried
- ☐ 0.8 cup golden raisins
- ☐ 1.5 pounds apples i use 2 granny smith apples cored peeled quartered cut into 1/2-inch cubes (3 large)
- ☐ 0.3 teaspoon ground allspice

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon cup heavy whipping cream
- ☐ 0.8 teaspoon lemon zest finely grated
- ☐ 2 tablespoons blackstrap molasses light ()
- ☐ 1 teaspoon orange zest finely grated
- ☐ 2 12-inch pie crust dough
- ☐ 1 pinch sea salt fine
- ☐ 1 tablespoon sugar
- ☐ 0.8 cup cranberries dried sweetened
- ☐ 0.5 cup cherries dried sweet
- ☐ 2 tablespoons butter unsalted ()

Equipment

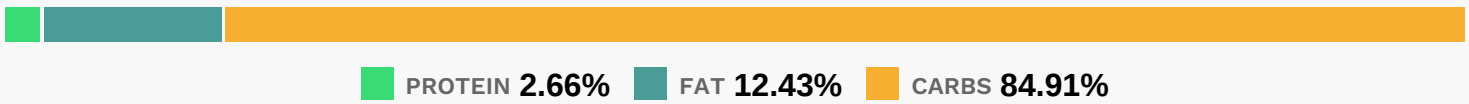
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Place crusts on 2 rimless bakingsheets and chill while preparing filling.
- ☐ Place 1/3 of apples in processor. Using on/off turns, chop into smallpieces.
- ☐ Transfer chopped apples to largesaucepan. Repeat chopping remainingapples in 2 more batches in processor;add to saucepan.
- ☐ Place all dried fruit inprocessor. Using on/off turns, chop untilbeginning to stick together.
- ☐ Add driedfruits to saucepan with apples.

- ☐ Add sugar, molasses, rum, brandy, cornstarch, butter, orange peel, lemon peel, spices, and sea salt; stir to blend. Simmer over medium-low heat until mixture is very thick, stirring often to prevent scorching, 10 to 12 minutes.
- ☐ Remove from heat.
- ☐ Transfer pie filling to large bowl and cool completely, about 1 hour.
- ☐ Position rack in bottom third of oven; preheat to 375°F.
- ☐ Transfer 1 crust to 9-inch glass pie dish, leaving dough overhang.
- ☐ Spread cooled filling in crust.
- ☐ Cut second crust into 1/2-inch-wide strips. Arrange 6 dough strips atop filling, spacing 1 inch apart.
- ☐ Place 6 dough strips at 45-degree angle to first strips, forming diamond lattice pattern. Trim strip ends even with bottom crust. Fold crust edge and strips in; press edge with tines of fork to seal. (Feeling ambitious? Click here for tips on making a woven lattice crust.)
- ☐ Whisk cream and sugar in small bowl to blend for glaze.
- ☐ Brush glaze over lattice.
- ☐ Bake pie 15 minutes. Reduce oven temperature to 350°F and continue to bake until crust is golden brown and filling is bubbling, 50 to 60 minutes.
- ☐ Transfer pie to rack and cool completely for filling to set. DO AHEAD: Can be made 1 day ahead. Cover and refrigerate.
- ☐ Let stand at room temperature 2 hours before serving. If desired, rewarm pie in 325°F oven 10 to 15 minutes before serving.
- ☐ Serve pie warm or at room temperature.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 41.64, Glycemic Load: 17.4, Inflammation Score: -5, Nutrition Score: 6.8552173674107%

Flavonoids

Cyanidin: 4.01mg, Cyanidin: 4.01mg, Cyanidin: 4.01mg, Cyanidin: 4.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 6.84mg, Epicatechin: 6.84mg, Epicatechin: 6.84mg, Epicatechin: 6.84mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 286.22kcal (14.31%), Fat: 4.06g (6.24%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 62.34g (20.78%), Net Carbohydrates: 57.15g (20.78%), Sugar: 49.27g (54.74%), Cholesterol: 9.64mg (3.21%), Sodium: 21.03mg (0.91%), Alcohol: 2.51g (100%), Alcohol %: 1.86% (100%), Protein: 1.95g (3.9%), Fiber: 5.19g (20.76%), Manganese: 0.36mg (18.15%), Potassium: 578mg (16.51%), Vitamin A: 620.58IU (12.41%), Copper: 0.21mg (10.48%), Vitamin B6: 0.19mg (9.72%), Magnesium: 33.7mg (8.42%), Vitamin C: 6.56mg (7.95%), Iron: 1.38mg (7.67%), Vitamin E: 1.06mg (7.1%), Phosphorus: 58.81mg (5.88%), Vitamin B2: 0.1mg (5.6%), Calcium: 51.34mg (5.13%), Vitamin B3: 0.99mg (4.95%), Vitamin K: 4.72µg (4.5%), Vitamin B1: 0.05mg (3.62%), Selenium: 1.7µg (2.42%), Vitamin B5: 0.24mg (2.36%), Folate: 6.82µg (1.71%), Zinc: 0.24mg (1.63%)