



Mock Mincemeat Pie

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



385 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 2 soda crackers crushed finely
- ☐ 1 pastry for a 9 inch double crust pie
- ☐ 4 granny smith apples cored peeled sliced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.3 cup orange juice
- ☐ 1 tablespoon orange zest

- ☐ 1.5 cups raisins seedless
- ☐ 0.8 cup sugar white

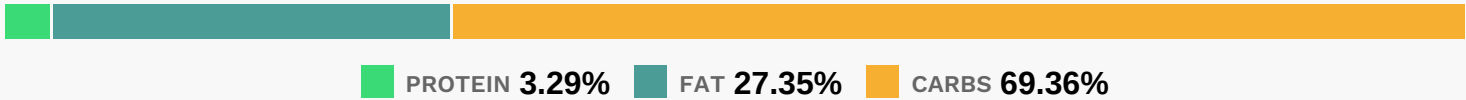
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Stir the raisins, apples, orange zest, orange juice, and apple cider together in a pan. Simmer over medium heat, stirring occasionally, until apples are very soft, about 20 minutes. Stir in the sugar, cinnamon, cloves, and soda crackers until well blended. Refrigerate until ready to use, or pour apple mixture into the prepared pie crust. Top with the second crust. Pinch and crimp edges to seal the crusts. Pierce the top crust in several places with a fork.
- ☐ Bake in preheated oven for 15 minutes. Reduce oven temperature to 350 degrees F (175 degrees C), and bake until top is golden brown, about 30 minutes more. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:36.56, Inflammation Score:-3, Nutrition Score:7.0426087275795%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.55mg, Epicatechin: 7.55mg, Epicatechin: 7.55mg, Epicatechin: 7.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 385.23kcal (19.26%), Fat: 12.26g (18.87%), Saturated Fat: 3.08g (19.24%), Carbohydrates: 69.97g (23.32%), Net Carbohydrates: 65.22g (23.72%), Sugar: 30.76g (34.17%), Cholesterol: 0mg (0%), Sodium: 92.66mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Fiber: 4.75g (18.99%), Manganese: 0.37mg (18.4%), Vitamin C: 11.98mg (14.52%), Vitamin B1: 0.18mg (12.31%), Selenium: 7.77µg (11.1%), Potassium: 380.58mg (10.87%), Vitamin B2: 0.17mg (10.12%), Iron: 1.71mg (9.5%), Vitamin B3: 1.76mg (8.81%), Folate: 31.34µg (7.83%), Copper: 0.15mg (7.59%), Vitamin K: 7.53µg (7.18%), Phosphorus: 53.98mg (5.4%), Vitamin B6: 0.1mg (5.2%), Magnesium: 20.19mg (5.05%), Vitamin E: 0.38mg (2.51%), Calcium: 23.04mg (2.3%), Zinc: 0.27mg (1.8%), Vitamin A: 73.98IU (1.48%), Vitamin B5: 0.1mg (1.02%)